

DUE WITHIN 72 HOURS OF SIGNING A SPEAKING ENGAGEMENT CONTRACT

Please complete and return as attachment to: lahelgoe@gmail.com

1) Your Contact Information:

Name Title
Organization
Tel. () - Fax. () - Email
Mailing Address City State Zip
Cell Phone/Emergency Number (in case of emergency and Dr. Helgoe needs to reach you) () -

2) Program Information:

Date of Dr. Helgoe's speaking engagement Time
Content you desire to have covered
Location of speaking engagement (if online, indicate platform)
Approximate number of audience members for Dr. Helgoe's talk

3) Hotel: Please recommend two of your top preferences for Dr. Helgoe's lodging and provide the phone number and address:

1

2

4) Ground Transportation:

Will a representative of your group pick Dr. Helgoe up at the airport?
If you want Dr. Helgoe to rent a car, please EMAIL DRIVING DIRECTIONS from airport
to the hotel & driving directions from the hotel to location(s) of the talk(s) to: lahelgoe@gmail.com

*****NO AIRPORT SHUTTLES, BUSES, VANS Permitted for distances over 15 minutes*****

(Most groups have Dr. Helgoe rent a car for convenience. Groups cover all rental car expenses for duration of stay)

5) Special Considerations:

Please list any special considerations
regarding your audience of which Dr.
Helgoe should be aware:

Thank You!

Laurie Helgoe | www.drlauriehelgoe.com

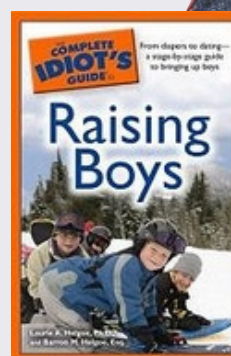
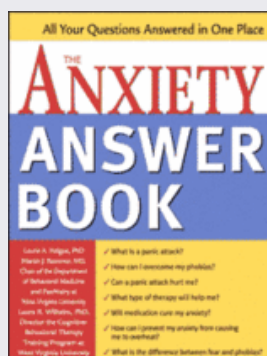
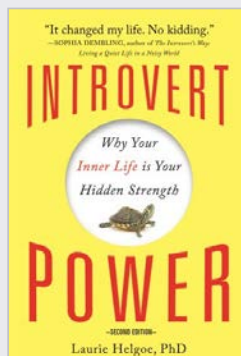
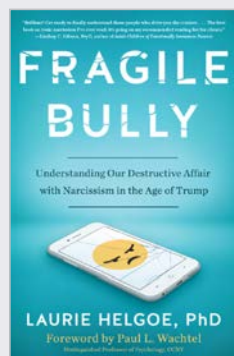
Click to submit your form

Dr. Laurie Helgoe, Ph.D. is a psychologist, consultant, and international thought leader with a special interest in the relationship between personality and culture. She is the author of six books, including **Introvert Power**, which received a Publishers Weekly starred review and is published in six languages. Dr. Helgoe has a gift for engaging diverse audiences, including mixed/general, academic, technical, leadership, varied workplace, and specialized professional, such as physicians and lawyers. She is a keen observer of office dynamics and offers consultation on personality diversity, workplace mental health, and best practices for introverts and extraverts. She also educates on narcissism and the spectrum of personality disorders. She has served as expert consultant to the State of Washington, Diversity Best Practices/Seramount, Oliver-Wyman, and hundreds of media outlets, including [Well+Good](#) and [The Wall Street Journal](#).

Dr. Helgoe authored the cover story, “Revenge of the Introverts” for the September-October 2010 issue of [Psychology Today](#), and she has contributed to print and digital media such as **Parent’s Magazine**, [FastCompany.com](#), [Oprah.com](#), [Today.com](#), **Real Simple Family**, **Body+Soul Magazine**, **Seventeen**, **The Arizona Republic**, [Esquire.com](#), and [Washingtonpost.com](#).

Helgoe has been a frequent television guest and commentator on affiliates for ABC, NBC, and CBS. She has been interviewed dozens of times on radio stations and podcasts nationwide. Helgoe is a frequent invited keynote speaker for professional and educational conferences. Helgoe’s books include: **Fragile Bully**, **Introvert Power**, **The Complete Idiot’s Guide to Raising Boys**, and **The Anxiety Answer Book**. She also authored **The Boomer’s Guide to Dating (Again)** and **The Pocket Idiot’s Guide to Breaking Up**.

Helgoe and her husband (an extrovert!) reside in Minneapolis, Minnesota.



Curriculum Vitae

LAURIE A. HELGOE, PH.D.

lahelgoe@gmail.com
www.drlauriehelgoe.com
(304) 552-5907

EDUCATION

1984 - 1989	Ph.D.: Clinical Psychology University of Nevada-Reno (APA approved) Ph.D. – 1989; M.A. – 1987 <i>Summa Cum Laude</i>
1979 - 1983	B.A.: Psychology Speech Communication Gustavus Adolphus College St. Peter, Minnesota <i>Magna Cum Laude</i>

PROFESSIONAL LICENSURE and CERTIFICATIONS

Licensed Psychologist, State of Minnesota (LP1164)
Certified Mind-Body Medicine practitioner, The Center for Mind-Body Medicine
Trained in R-PAS® Rorschach administration and interpretation
Certificate 305 – Teaching and Learning in Medical Education

PROFESSIONAL EXPERIENCE

Associate Professor of Behavioral Sciences, Founder and Acting Director, Mind-Body Medicine at RUSM, Ross University School of Medicine (2017-2022), Barbados: Taught, mentored and provided clinical skills training in the Clinical Foundations Department. Delivered lectures and team-based sessions emphasizing differential diagnosis of mental health disorders, personality theory, and transference/countertransference, as well as personal wellness and humanities. Clinical Skills training emphasized process, microskills and managing challenging emotional scenarios. Founded and directed the University's Mind-Body Medicine (MBM) program now offered to all RUSM students, piloting the first mind-body skills group for ten students and expanding the program to offer small groups to nearly 200 students over two years. Oversaw training and performance of more than 20 facilitators and approximately 50 student MBM Ambassadors. Facilitated student antiracism discussion groups, provided mindfulness training to colleagues, and served as faculty advisor for the Muslim Student Association.

Psychologist Consultant, Speaker and Author (2001-present), Edina, MN: Author of six books spanning seven languages. *Introvert Power: Why Your Inner Life is Your Hidden Strength*, Sourcebooks, is published in two editions (2008 and 2013) and received a Publisher's Weekly starred review. Represented by BookEnds Literary Agency. Expert consultant to hundreds of media outlets including The Wall Street Journal (Jul 2020; Aug 2015; Jul 2015; Jun 2011), Well+Good, and Psychologies magazine. Author of Sept-Oct 2010 cover story for Psychology Today and expert contribution for textbook, Contemporary Organizational

Behavior in Action (Pearson-Prentice Hall, 2016). Offer mental health education and corporate consultation to varied stakeholders. Examples include keynote presentations for Diversity Best Practices and for the State of Washington, and consultation to Oliver-Wyman's INTROW group.

Clinical Assistant Professor, Department of Behavioral Medicine & Psychiatry, West Virginia University School of Medicine, Charleston Division (2005-2017), Charleston, WV: Taught and supervised medical residents in theory and practice of psychotherapy. Clinical instructor for weekly psychodynamic psychotherapy seminar. Fostered awareness of cultural biases that can undermine treatment. Advised faculty on writing projects. Coauthored/edited of The Anxiety Answer Book with Laura Wilhelm, Ph.D. and Martin Kommor, M.D. Achieved the highest individual faculty score in the United States on the Psychodynamic Competency Test. While employed at Davis & Elkins College, I served only as a consultant to the program

Chair, Social Sciences Division, Davis & Elkins College (2014-2016), Elkins, WV: Supervised psychology, sociology, criminology, and political science departments. Evaluated and mentored faculty. Worked with other division chairs to develop and uphold academic standards and provide governance to academic programs. Reported to the Vice President for Academic Affairs.

Associate/Assistant Professor, Davis & Elkins College (2013-2016), Elkins, WV: Taught in the Psychology and Human Services Department, with an emphasis on theoretical and applied courses such as Theories of Personality, Theory & Practice I and II, Human Services Practicum and Group Processes. Advised students. Served on the Institutional Review Board, Curriculum Committee (co-chair), Writing Outcomes Working Group, Care Team, and Teagle Consortium. Also, as Program Coordinator for psychology and sociology programs, worked with psychology faculty to develop and assess learning outcomes and improve curricular coherence, hired and supervised adjuncts in psychology and sociology, and coordinated course scheduling and staffing for both departments. Awarded promotion to Associate Professor in Spring of 2016.

Psychologist and Applied Psychology Instructor, Private Practice (1994-2001 and 2009-2013), Minneapolis, MN (1994-2000); Charleston, WV (2000-2001, 2009-2013): Provided psychological assessment and psychotherapy. Offered clinical education to practitioners as well as lay audiences. Examples include a keynote for a Diversity Best Practices conference, and "Introversion: Pathology or Power?" an address at the Mental Health Tomorrow conference. In Minneapolis, led therapy consultation groups and courses for practitioners, including "Character Studies" and "Dreams, Character and Relational Dynamics," and spoke in university, corporate and community settings.

Owner & Consultant, Book It Literary Consulting (2001-2013), Charleston, WV: Taught seminars and offered consultation to help writers develop their ideas, compose book proposals, and build a media platform for literary representation and publication. Also coached writers and artists on how to endure and learn from rejections while strengthening their authentic voice. Served as a communications advisor to public relations organizations, such as TSG Consulting and The Arnold Agency. Composed proposals, white papers, news reports and promotional materials, and spoke to media and legislative bodies. Wrote a \$330,000 community mental health outreach grant under a three-day deadline, incorporating data from five agencies. Grant was awarded.

Psychologist, Family Psychiatric Services (2004-2009), Charleston, WV: Provided psychological assessment and psychotherapy for adults, adolescents, couples and groups. Spoke on psychological topics at community forums.

Adjunct Professor and Hamm Memorial Psychiatric Clinic Internship Director, University of St. Thomas School of Professional Psychology (1992-1995), St. Paul, MN: Interviewed and selected SPP graduate students for Hamm Clinic psychology internship positions, supervised interns, taught courses and wrote evaluations.

Staff Psychologist, Hamm Memorial Psychiatric Clinic (1991-1995), St. Paul, MN: Provided clinical assessment and psychotherapy to individuals and couples. Interpreted a range of psychological tests. Provided consultation to professional staff, interns and fellows. Supervised predoctoral interns and Hamm Clinic fellowship candidates. Led consultation groups for community professionals. Developed and taught two core clinical courses—Personality Disorders I and Personality Disorders II—for the Hamm Clinic Educational Program. Provided consultation and guest lectures to community practitioners, agencies and universities.

Supervising Psychologist, St. Croix County Human Services (1989-1991), New Richmond, WI: Provided psychotherapy to individuals, couples and groups. Supervised six therapists and six community support social workers. Directed the psychological testing program and conducted psychological evaluations for clients referred from mental health, developmental disabilities, social services, chemical dependency and community support programs. Conducted court-ordered evaluations on issues of guardianship, protective placement and capacity-to-parent, and screened police officer candidates. Provided consultation to administrative personnel on clinical and ethical implications of agency policies and procedures. Developed and implemented a staff education program.

Psychologist Trainee, Center for Studies on Addiction, University of Pennsylvania (1988-1989), Philadelphia, PA: Conducted drug counseling and psychotherapy with substance-dependent individuals. Helped to design and pilot a cocaine detoxification program, which emphasized the development of tools for coping with cocaine craving. Facilitated psychoeducational and support groups. Studied supportive-expressive psychotherapy with author-researcher Lester Luborsky, Ph.D.

Predoctoral Intern, Adolescent Residential Units, Devereux Foundation (1987-1988), Devon, PA: Learned to apply intensive psychotherapy to the treatment of personality disorder characteristics in emotionally disturbed adolescents. Worked and consulted with residential staff to support containment of problematic behaviors and internalization of controls. Conducted psychological evaluations utilizing intellectual, visual-motor, and objective & projective personality tests. Received didactic training in individual & group psychotherapy, Rorschach (Exner), neuropsychology, and professional/ethical issues.

Psychology Instructor, University of Nevada-Reno (1986), Reno, NV: Taught “The Psychology of Adolescence” to undergraduate students. My approach to the course emphasized a balance of lectures and experiential activities. I stressed independent thinking and helped the students to develop their own theories of adolescence.

Psychology Intern, Nevada Mental Health Institute (1986-1987), Sparks, NV: Learned to apply psychological skills in the assessment and treatment of severe mental illness. Provided inpatient testing and evaluation, treatment planning and psychotherapy.

Biofeedback Therapist, Sierra Pain Institute (1986-1987), Reno, NV: Instructed chronic pain patients in the use of biofeedback and relaxation procedures, provided training in stress management, and administered and scored psychological tests.

Director, University of Nevada-Reno Women's Center (1985-1986), Reno, NV: Trained and supervised volunteers. Supervised interns from UNR's Social and Health Resources class. Launched a program of events, including: a sexual harassment panel, brown bag lunch talks, "A Woman's Place..." series, an eating disorders series, a 6-week self-protection seminar, and "Women's Week" events. Expanded the outreach function of the Center and established of four different support groups to respond to the varied needs of women. Submitted the Women's Center's first comprehensive annual report, with recommendations for the next director, to provide continuity between school years. In response to the program's success, the Center received a grant from a local Soroptimist branch, and increased UNR funding for the subsequent year.

Clinical Psychology Practicum, Psychological Services Center (1984-1986), Reno, NV: Learned and applied psychotherapeutic techniques from a variety of theoretical modalities and in the context of individual, couple's, family and group therapy settings.

Psychology Practicum, Intensive Treatment Program for Sexual Aggressives (1982), St. Peter, MN: Studied the application of psychological paradigms in the treatment program, worked with the treatment team in developing therapeutic plans for patients, and assisted the research psychologist in studies of sex offenders and treatment outcome.

Communications Intern, Federal Bureau of Prisons (1981-1982), Washington, D.C.: Assisted Equal Employment Opportunity staff, wrote for and edited the Bureau of Prison's national publication and the Federally Employed Women's newsletter.

TEACHING AND SPEAKING EXPERIENCE:

Antiracism Discussion Groups (2021-2022), Barbados. Facilitated Semester 1 small group discussions based on Roberts' book Fatal Invention. RUSM

The Introverted Doctor (2018-2022), Knoxville, TN & Barbados. Presentation each semester sponsored by the RUSM Family Medicine Club and the Ross University Psychiatric Association.

Clinical Foundations lectures (2017-2022), St. Kitts; Knoxville, TN; Barbados. Personality Theory, Personality Disorders, Physician Health and Wellness, Medical Humanities, Behavioral Aspects of Respiratory Distress, Neurodevelopmental Disorders, Introduction to the Medical History, Eating Disorders, Alcohol Use Disorders, Mental Status Examinations, Psychosis, Somatic Symptom and Dissociative Disorders, and Musculoskeletal Pain. RUSM.

Interview Skills Training (2017-2022), St. Kitts; Knoxville, TN; Barbados. Introduction to Medical Interviewing Guided Skills Training, Special Interview Skills Training, and Advanced Interview Skills Training. RUSM.

Leveraging Personality at Work (2021), Virtual. Training for an international audience of Oliver Wyman consultants.

The Power of Quiet (2021), Virtual on stage, Cheltenham, UK. Author presentation for the The Times and The Sunday Times Cheltenham Literature Festival.

Inside Out: How to live with Characters in your Head (2021), Virtual. Wellness Day presentation for Adtalem's EDGE – Empowerment/Diversity/Growth/Excellence chapter.

Freeing Yourself from Stress (2021), Virtual. Keynote address for Administrative Professionals Day, RUSM.

Psychodynamic Psychotherapy Seminar (2011-2013, 2016-17), Charleston, WV. Clinical Instructor, Department of Behavioral Medicine and Psychiatry, WVU School of Medicine, Charleston Division.

Psychotherapy Supervision (2007-2013, 2016-17), Charleston, WV. Individual supervision of medical residents, Department of Behavioral Medicine and Psychiatry, WVU School of Medicine, Charleston Division.

The Introverted Helper (Spring 2017), Charleston, WV. Plenary session, Spring CE Conference for Social Workers, National Association of Social Workers (NASW), WV Chapter.

What's Your Story? Using Narrative Therapy to Transform Lives (Spring 2017), Charleston, WV. Training workshop, Spring CE Conference for Social Workers, NASW, WV Chapter.

Psychology Lectures (2013-2016), Elkins, WV. Theories of Personality, Theory and Practice I: The Insight Therapies, Theory and Practice II: The Action Therapies, Theory and Practice of Counseling, Group Processes, Human Services Practicum, Counseling Skills, Psychology of Adjustment, Psychology and Nature, Adolescent Development, Lifespan Development. Davis & Elkins College.

Understanding Introverts (Spring 2016) Charleston, WV. Plenary session for 2016 Spring CE Conference for Social Workers, NASW, WV Chapter.

The Problem with Happiness (Spring 2016) Charleston, WV. Workshop for 2016 Spring CE Conference for Social Workers, NASW, WV Chapter.

Understanding Introversion and Extroversion (2013), Olympia, WA. Keynote address for the Fall Forum for the State of Washington's Utilities and Transportation Commission.

Ebb: The Art of Pulling Back (2013), Star Island, NH. Guest speaker, providing a five-day lecture series for the All Star 1 Family Conference.

The Other 50%: Leveraging the Talents of Introverts to Drive Your Business (2013), Walnut Creek, CA. Keynote address at Diversity Best Practices Conference.

Get It Published! (2008-2013), Charleston, WV. Seminars and retreats to help writers develop their books and prepare proposals and queries for submission to literary agents.

Introversion: Pathology or Power? (2012), South Padre Island, TX. Speaker at Mental Health Tomorrow Conference.

Is Happiness a Healthy Goal? (2012), Charleston, WV. Grand Rounds, Department of Behavioral Medicine and Psychiatry, WVU School of Medicine, Charleston Division.

Working with LGBTQ Clients (2009–2012, annual presentation), Charleston, WV. Lecture and discussion for psychology interns, Department of Behavioral Medicine and Psychiatry, WVU School of Medicine, Charleston Division.

Healthy Introversion and Mistaken Diagnoses (2010), Charleston, WV. Grand Rounds, Department of Behavior Medicine and Psychiatry, WVU School of Medicine, Charleston.

Unhooking: The Challenge of Divorce (2010), Charleston, WV. Seminars for divorcing or newly divorced individuals.

The Case against Stress (2009), Wheeling, WV. Presentation for the West Virginia Bar Association Annual Meeting.

Raising Boys (2008), Charleston, WV. Talk for the Bedford Road Garden Club.

The Art of Desiring (2007), Charleston, WV. Workshop for the Forest Hill Garden Club.

Post-Holiday Depression (2006), Charleston, WV. Talk for the Bedford Road Garden Club.

Movie Therapy: Enjoying the Script of Your Life (2005), Charleston, WV. Presentation at Charleston Family YMCA.

Depression in Later Life (2005), Charleston, WV. Talk for Senior Friends' "H2U" (Health, Happiness and You) series at St. Francis Hospital.

Ego-Supportive Psychotherapy (2005), Charleston, WV. Course lecture for Department of Behavioral Medicine and Psychiatry, WVU School of Medicine, Charleston Division.

Projective Identification—or Being Slimed (2005), Charleston, WV. Grand rounds for Department of Behavioral Medicine and Psychiatry, WVU School of Medicine, Charleston Division.

Anxiety in School-Age Children (2005), Charleston, WV. Breakout session for "Conversations 2005," a conference by the Kanawha Parent/Educator Resource Center.

Eve and the Art of Desiring (2004), Mankato, MN. Workshop at the Women and Spirituality Conference.

To Desire or Not to Desire and Eve's Desire (2004), Charleston, WV. Speaker at Unity Fellowship Sunday services.

The Adventure of Dating (Again) (2004), Charleston, WV; Columbus & Dayton, OH; Lexington, KY; Chicago, IL; New York, NY; Nashville, Memphis & Jackson, TN. Talk in conjunction with national book tour.

Finding Desire in Midlife (2004), Charleston, WV. Speaker at University Builders Author Luncheon at the University of Charleston.

Awakening Eve's Desire Within (2003), Charleston, WV. Workshop for Alternative Philosophies discussion group.

Careers in Clinical Psychology (2001), Charleston, WV. Lecture and discussion with graduate psychology students at the University of Charleston.

Your Past is Sticking to Me: What is Projective Identification? (1999), St. Paul, MN. Class in an educational series sponsored by the Society for Psychoanalytic Studies.

From the Bottle to the Breast: Transforming Addictions in the Schizoid Patient (1999), St. Paul, MN. Fireside Seminar sponsored by the MN Society for Psychoanalytic Studies.

Getting to Empathy (1998), Eagan, MN. A talk sponsored by Easter Lutheran Church.

Character Studies (1997), Minneapolis, MN. A seminar series for practicing therapists.

Personality and Spiritual Development: When Personality becomes an Obstacle (1997), Eagan, MN. A workshop for parishioners, sponsored by Easter Lutheran Church.

The Union of Personalities and the Personality of the Union: Working with Character in Couples Psychotherapy (1996), St. Paul, MN. A Fireside Seminar sponsored by the Minnesota Society for Psychoanalytic Studies.

Dreams, Character, and Relational Dynamics (1996), Minneapolis, MN. A four-part seminar series for practicing therapists.

Self-Care, Growing through Loss Series (1996), Burnsville, MN. A community presentation sponsored by The Interdenominational South Suburban Grief Support Coalition.

Case Presentation (1996), St. Louis Park, MN. Presented a psychotherapy case for a conference on “The Intersubjective Perspective,” featuring Robert Stolorow, Ph.D.

Personality and Work Satisfaction: When Personality becomes an Obstacle (1995), Minneapolis, MN. A presentation for the employees of Tennant Corporation.

Healthy Sexuality, (1995), Minneapolis, MN. A symposium for participants in the adolescent sex offender treatment program sponsored by Lutheran Social Services.

Personality Disorders I: The Borderline Spectrum and Personality Disorders II: The Neurotic Spectrum (1992-1995), St. Paul, MN. Courses in the Hamm Clinic Educational Series, offered to interns, fellows and practitioners.

Depression: The Role of Psychotherapy (1994), Minneapolis, MN. A symposium on depression, sponsored by the Bristol-Myers Squibb Company.

Assessing Mental Status (1994), St. Paul, MN. A training workshop for staff, interns and fellows at Hamm Memorial Psychiatric Clinic.

Stress Management (1993), Hopkins, MN. A seminar for sales managers at Advance Circuits, Incorporated.

Assessment of Character (1992), St. Paul, MN. Hamm Clinic staff training.

Treatment of Eating Disorders (1991), New Richmond, WI. St. Croix County Human Services training.

Addictions and Self-Medication Theory (1990), New Richmond, WI. A staff education presentation for St. Croix County Human Services.

Personality Disorders (1988), Devon, PA. A staff education presentation for residential counselors at the Devereux Foundation.

Working with the Fragile Adolescent (1988), Devon, PA. A staff education presentation for residential counselors at the Devereux Foundation.

The Psychology of Adolescence (1986), Reno, NV. Instructor of undergraduate course at the University of Nevada-Reno.

Jungian Dream Analysis (1987), Sparks, NV. Grand Rounds presentation to staff at the Nevada Mental Health Institute.

Psychodrama: Encouraging Acting Out (1985), Reno, NV. Original performance and doctoral psychology training workshop with a cast of theatre students at the University of Nevada-Reno.

PUBLICATIONS AND RESEARCH:

Books:

Helgoe, LA. *Fragile Bully: Understanding Our Destructive Affair with Narcissism in the Age of Trump*. New York: Diversion Books; 2019.

Helgoe LA. *Introvert Power: Why Your Inner Life is Your Hidden Strength*. 2nd ed. Naperville, IL: Sourcebooks; 2013.

Helgoe LA. *Introvert Power: Why Your Inner Life is Your Hidden Strength*. Naperville, IL: Sourcebooks; 2008. Translations published in Chinese, Finnish, Japanese, Korean, Spanish and Turkish.

Helgoe LA, Helgoe BM. *The Complete Idiot's Guide to Raising Boys*. Naperville, IL: Penguin/Alpha; 2008.

Helgoe L. *The Pocket Idiot's Guide to Breaking Up*. Naperville, IL: Penguin/Alpha; 2006.

Helgoe LA, Wilhelm LR, Kommor MJ. *The Anxiety Answer Book*. Naperville, IL: Sourcebooks; 2005. Spanish version, *Vivir sin Ansiedad*, published in 2007.

Helgoe LA. *The Boomer's Guide to Dating (Again)*. Naperville, IL: Penguin/Alpha; 2004. Brazilian Portuguese version, *De Volta ao Mercado*, published in 2008.

Expert contributions:

Helgoe LA. Solving the introvert problem. In: Elsbach K, Kayes A, Kayes D., eds. *Contemporary Organizational Behavior in Action*. New York: Pearson. 2016.

Research:

Co-Investigator (2021-present): Salama, C., Gaska, K., Helgoe, L, & Hall, M. Mind Body Medicine at Ross University School of Medicine (MBM at RUSM). Department of Clinical Foundations, Ross University School of Medicine, Bridgetown, Barbados. IRB approved, pilot phase complete, randomized controlled trial in progress.

Research Consultant (1994-1995): Provided consultation on ethics and survey instruments for the Hamm Clinic outcome study.

Helgoe, LA. *The Relationship between Psychiatric Diagnosis and Drug Choice: A Comparison of Opiate and Cocaine Addicted Veterans* [dissertation]. Reno: University of Nevada-Reno; 1989.

Research Trainee (1988-1989): Participated in the development of a cocaine detoxification program/study at the University of Pennsylvania's Center for Studies on Addiction.

Research Assistant (1985): Co-facilitated depression group for study investigating the effects of exercise vs. cognitive-behavioral treatment of depression.

Helgoe, LA. *Perceived and Ideal Intimacy in Older Adults* [master's thesis]. Reno: University of Nevada-Reno; 1987.

Research Associate (1984-1985): Worked with a faculty member and other students in designing and piloting a study of 50-year marriages.

Psychology Trainee (1984-1985): Assisted with data collection, coding and quality control at the Research Office of the Reno Veteran's Administration Medical Center.

Poster presentations:

Gaska, K., Salama, C., Hall, M., & Helgoe, L. (2022, June). Enhancing Social Connectedness with a Multicultural Medical Student Population During COVID-19. Accepted for presentation at the International Association of Medical Science Educators (IAMSE) 2022 Annual Meeting, Denver and Virtual.

Gaska, K., Salama, C., Hall, M., & Helgoe, L. (2021, October). Promoting school connectedness in medical students through a mind-body skills intervention. Presented at the American Public Health Association 2021 Annual Meeting & Expo, Virtual and Denver.

Salama, C., Gaska, K., Helgoe, L., & Hall, M. (2021, July). A Mind-Body Medicine pilot among diverse undergraduate medical students. Presented at the International Conference on Mindfulness, Virtual and Aarhus, Denmark.

Salama, C., Helgoe, L. Gaska, K., Corbin, C. & Gee, R. (2021, January). Mind-Body Medicine at RUSM: Implementation Review and preliminary findings from a mixed-methods study. Presented at Research Day 2021, Ross University School of Medicine, Barbados.

Articles:

Helgoe, LA. No, team, no! *Psychology Today*. August 15, 2017. <https://www.psychologytoday.com/blog/introvert-power/201708/no-team-no>.

Helgoe, LA. The art of being too sensitive. *Psychology Today*. May 17, 2017. <https://www.psychologytoday.com/blog/introvert-power/201705/the-art-being-too-sensitive>.

Helgoe, LA. Big screen, big life. *Psychology Today*. February 18, 2017. <https://www.psychologytoday.com/blog/introvert-power/201702/big-screen-big-life>

Helgoe, LA. Don't just do it. *Psychology Today*. January 17, 2017. <https://www.psychologytoday.com/blog/introvert-power/201701/dont-just-do-it>.

Helgoe, LA. Introvert isle. *Psychology Today*. September 24, 2016. <https://www.psychologytoday.com/blog/introvert-power/201609/introvert-isle>.

Helgoe, LA. Are holidays only for the happy? *Psychology Today*. February 12, 2016. <https://www.psychologytoday.com/blog/introvert-power/201602/are-holidays-only-the-happy>.

Helgoe, LA. Solitude: the new way to celebrate. *Psychology Today*. December 30, 2015. <https://www.psychologytoday.com/blog/introvert-power/201512/solitude-the-new-way-celebrate>.

Helgoe, LA. Introverts and the art of the scam. *Psychology Today*. October 16, 2015. <https://www.psychologytoday.com/blog/introvert-power/201510/introverts-and-the-art-the-scam>.

Helgoe, LA. Revenge of the introverts. *Psychology Today*. 2010; Sept/Oct: 57-61. Cover story for print edition.

PROFESSIONAL SERVICE:

Chair, Teaching and Evaluation Subcommittee, RUSM

Member, Institutional Review Board, Ross University School of Medicine, RUSM

Member, Diversity and Inclusion Curriculum Subcommittee, RUSM

Member, Faculty Senate Steering Committee, RUSM

Member, Student Wellness Vertical Committee, RUSM

Member, Environment and Wellness Committee, RUSM

Review Board Member, Carpe Tempus, RUSM

Search Committee, Behavioral Sciences, RUSM

Search Committee, Academy for Teaching and Learning, RUSM

Search Committee, Ross University Counseling Center, RUSM

Faculty Development Committee, RUSM

Founder and Advisor, Mind-Body Medicine Ambassadors
Advisor, Muslim Student Organization
Advisor, Ross University Psychiatry Interest Group
Chair, Psychology Search Committee, Davis & Elkins College
Co-chair and Member, Curriculum Committee, Davis & Elkins College
Representative, Davis & Elkins College, Teagle Consortium
Member, Institutional Review Board, Davis & Elkins College
Member, Criminology Search Committee, Davis & Elkins College
Member, Writing Outcomes Working Group, Davis & Elkins College
Member and Advisor, Student of Concern Care Team, Davis & Elkins College
Member and Advisor, Write Club, West Virginia University School of Medicine

AWARDS AND COMMENDATIONS:

Ron Taylor Award – Ross University School of Medicine
Publisher's Weekly Starred Review – Introvert Power

TEACHING AND SCHOLARLY INTERESTS:

Personality and Culture
Severe Personality Disorders
Approaches to Psychotherapy
Theories of Personality
Introversion
Language in Personality Assessment
Therapeutic Integration
Mindfulness-Based Therapies
Psychoanalytic Psychotherapy
Psychotherapy and the Arts
Organizational Behavior, Group Processes and Leadership

GEOGRAPHIC EXPERIENCE:

Antigua, Aruba, Austria, Barbados, Canada, Czech Republic, Dominica, Dominican Republic, France, Germany, Greece, Japan, Martinique, Mexico, Monaco, Netherlands, North Macedonia, Portugal, Puerto Rico, Peru, Saint Kitts & Nevis, Spain, Switzerland, Turkey, U.S. Virgin Islands, United Kingdom

We are pleased to welcome today's speaker, Dr. Laurie Helgoe. Dr. Helgoe is a clinical psychologist and internationally-recognized expert on introversion. Her book **INTROVERT POWER: Why Your Inner Life is Your Hidden Strength**, has been on the forefront of what is being called “the introvert revolution” since the first edition was published in 2008. Dr. Helgoe is a frequent invited speaker and media consultant, and has been quoted, profiled, or published in hundreds of media outlets, including **The Wall Street Journal**. **Introvert Power** is Dr. Helgoe's sixth book. Her most recent book, **Fragile Bully**, explains narcissism, how it draws people into a “destructive dance,” and what each of us can do to free ourselves from the dance.

*Please complete, sign, scan and return as attachment to: lahelgoe@gmail.com.
A signed copy will be returned to you.*

This contract has been entered into on the _____ day of (month) _____ (year) _____
by Dr. Laurie Helgoe and _____ (hereinafter referred
to as "Client"). We do hereby enter into a contract under the following terms and conditions:

1. Dr. Helgoe hereby agrees to furnish the following:

Speaking engagement(s) on (date) _____
from (time) _____ to (time) _____ (____ minutes total).

Optional (same day) follow-up conversation or presentation:

from (time) _____ to (time) _____ (____ minutes total).

2. Additional presentations requested of Dr. Helgoe outside the terms of this contract are subject to additional fees.
3. In consideration of the services described above, the Client agrees to pay Dr. Helgoe a fee in the amount of \$ _____ and will provide, pay for, or reimburse, the costs of airfare, lodging and ground transportation for duration of the stay. A nonrefundable fee of \$ _____, equal to 50% of the total fee, is due upon the signing of this agreement. The balance amount of \$ _____ shall be paid to Dr. Laurie Helgoe prior to or at the time of the speaking presentation. Any expense reimbursements shall be paid within 14 days of the Client receiving copies of Dr. Helgoe's expenses.
4. The Client agrees to provide ground transportation for Dr. Helgoe, and any accompanying associates, to and from airport, to and from hotel, and to and from event, or will reimburse Dr. Laurie Helgoe for the total cost for a rental car for the duration of the stay.
5. **Check should be made payable to Dr. Laurie Helgoe. Mailing address will be provided by Dr. Helgoe. Venmo and Paypal also available.**
6. Unless arranged and approved by Dr. Helgoe in advance, audio or video taping of Dr. Helgoe prior to, during and after his speaking engagement is not permitted in any means whatsoever by the Client or any audience member.
7. Client will work with Dr. Helgoe's publisher, Sourcebooks, to make her books available for sale for attendees at the speaking venue.
8. Client agrees to provide the following in-kind benefits to Dr. Helgoe: _____

9. If Dr. Helgoe's speaking engagement is taking place at a college, university or high school, the Client agrees not to schedule speaking engagement(s) in a cafeteria, marketplace, or student union lobby during lunch or dinner hours. If the Client schedules speaking engagement(s) during lunch or dinner hours, the event must be held in a room separate from the cafeteria, marketplace, or student union lobby.
10. If Dr. Helgoe's speaking engagement is cancelled due to an Act of God or dangerous situation, all parties agree to reschedule the event with the same terms as stated in the initial agreement. If the Client cancels the scheduled speaking engagement within 14 days of scheduled event, the Client is responsible for reimbursing Dr. Helgoe for any airfare expenses incurred. In the event of an emergency situation (i.e., personal/family-related illness, accident, death, other) that causes Dr. Helgoe to cancel, the Client may find a replacement speaker for the speaking engagement, or the engagement will be rescheduled. If the engagement is cancelled by the speaker, the Client will not be responsible for expense reimbursements and will be reimbursed the deposit fee.

We agree to the above terms and conditions:

Laurie A. Helgoe _____

Client Representative (Print Name)

Signature

Signature

Date

Date

Laurie Helgoe | www.drlauriehelgoe.com

THE CLIENT AGREES TO PROVIDE THE FOLLOWING:

For Online Venues:

- Host(s) to welcome guests, introduce Dr. Helgoe, and track questions and comments on the chat.
- Technical manager to load and operate PowerPoint and address any arising technical issues.

For In-Person Venues:

- A professional sound system.
- A projector with laptop hook-up and wireless remote for advancing slides.
- A wireless lapel clip-on microphone.
- A bottle of water for each presentation.
- Copies of handouts to accommodate projected audience. Handout originals will be provided by Dr. Helgoe at least one week prior to the presentation.
- A podium placed to the right of the projector, with a table immediately to the right of the podium for Dr. Helgoe's laptop.
- An introduction of Dr. Helgoe at the onset of her talk (a suggested introduction is provided in these materials).

Thank You!

Laurie Helgoe | www.drlauriehelgoe.com

