

## Curriculum Vitae

DIANA RAAB, PhD

www.dianaraab.com

### EDUCATION

Ph.D. Psychology (Transpersonal Concentration)	The Institute of Transpersonal Psychology Dissertation: "Creative Transcendence: Memoir Writing for Transformation and Empowerment"	2014
M.F.A. in Writing	Spalding University Louisville, Kentucky	2003
Post-baccalaureate Fiction Writing	Vermont College Montpelier, Vermont	2001
R.N. Degree	Vanier College Montreal, Canada	1980
B.S.	Cortland State University Health Administration, Journalism	1976

### PROFESSIONAL EXPERIENCE

Workshop Facilitator	The Sacred Space, Summerland, CA	2014 – present
Writing Facilitator	The Open Center, New York, NY	2015
Writing Facilitator	Practice Mind Body Spirit, Roslyn, NY	2015
Writing Facilitator	The Sacred Space, Summerland, CA "Writing for Transformation, Journaling, Memoir"	2015
Panelist	UCSB Writer's Café Panel (memoir)	2015
Writing Workshop Leader (memoir)	Antioch University Summer Writing Program	2013
Regular Blogger	<a href="#"><i>Psychology Today</i></a> <a href="#"><i>Huffington Post (Huff 50)</i></a> <a href="#"><i>BrainSpeak</i></a> <a href="#"><i>PsychAlive</i></a>	
Columnist	<i>The Santa Barbara Sentinel</i>	2013 – 2014

	“The Mindful Word”	
Embodied Journaling Writing Instructor	Santa Barbara Healing Sanctuary	2012 – present
Organization for Rehabilitation & Training	Keynote speaker “Writing for Transformation”	2014
Writing Workshop Leader	The Cottage, Brooklyn, NY (Writing Lust)	2014
Panel Moderator	Associated Writing Programs (AWP) Annual Conference	2008 – 2011
Writing Class	UCLA Extension Writers’ Program (Journaling / Memoir)	2008 – 2012
Writing Workshop Leader	Santa Barbara Writers’ Conference (Memoir)	2008 – 2012
Writing Class	UCSB Extension Journaling / Memoir	2006 – 2007
Writing Workshop Leader	UCSB Professional Women’s Association	2006
Panel Moderator	Santa Barbara Book & Author Festival	2006 – 2007
Publisher/Writer	Sirdan Publishing	1981 – 1990
Director of Nursing	Hospital of Hope (chronic care) Montreal, Canada	1982 – 1984

## **PUBLISHED WORKS**

### **BOOKS**

*Writing for Bliss: A Seven-Step Program for Telling Your Story and Transforming Your Life* (Sept. 2017). Loving Healing Press.

*Lust: Poems* (February 2014). Word Tech Communications: *Lust*: Softcover and Audible.

*Listening to Africa: Poems*. CT: Antrim House. 2012.

*Writers on the Edge: 22 Writers Speak on Addiction and Dependency* (Editor). MI: Modern History Press. 2012.

*Healing with Words: A Writer's Cancer Journey*. MI: Loving Healing Press. 2010.

*Writers and Their Notebooks* (Editor). SC: University of South Carolina Press. 2010.

*Your High-Risk Pregnancy: A Practical and Supportive Guide* with Errol Norwitz, M.D.  
CA: Hunter House, 2009. 25th Anniversary updated edition.

*Getting Pregnant and Staying Pregnant: Overcoming Infertility and Managing Your High-Risk Pregnancy*. CA: Hunter House. 1987, 1991, 1999, 2009. Translated into French and Spanish.

*The Guilt Gene: Poems*. Plain View Press. 2009.

*Dear Anaïs: My Life in Poems for You*. Plain View Press. 2008.

*Regina's Closet: Finding My Grandmother's Secret Journal*. Beaufort Books. 2007.

*My Muse Undresses Me: Poems*. Pudding House Publications. 2007.

### **ESSAYS/ARTICLES** (most recent)

"Poetry and Consciousness." *The International Journal of Transpersonal Psychology*. Summer 2015.

"Writing: The Work That Shaped My Life." *Writer's Monthly Review Magazine*. April 2015.

"Some Images Never Die." *Lonely Whale Memoir*. Chatsworth Press. Spring 2015.

"Creative Transcendence: Memoir Writing for Transformation and Empowerment." *The Journal of Transpersonal Psychology*. (Dissertation excerpt). 2014.

"How Poetry Shaped and Saved My Life." *Trigger Warning: Poetry Saved Me*. September 2014.

"Writing Heals." *Breast Cancer Wellness Magazine*. Fall 2014.

"Transpersonal Approaches to Autoethnographic Research and Writing." *The Qualitative Report*. May 2013. Vol. 18. Article 42.

"Healing with Words." *Coping Magazine*. March/April 2013.

Three book reviews on Addiction – *Kasher in the Rye* by Moshe Kashe, *Ninety Days* by Bill Clegg and *Memoirs of an Addicted Brain* by Marc Lewis. *The Washington Post*. Saturday, July 13, and Sunday July 14, 2012.

"Nourishing Your Muse" and "Self-Promotion and Marketing." *Women and Poetry: Writing, Revising, Publishing and Teaching*. by Colleen Harris & Carol Smallwood (Eds.) with a preface by Molly Peacock. McFarland Press, January 2012.

"The Healing Power of Writing." *Whole Woman*. July 2011.

"What Notebooks Can Do for You." *Writers' Journal*. March/April 2011.

“Boosting Your Creativity.” *Allbooks Review*. December 16, 2010.

“The Benefits of Journaling and How to Start.” *The Ultimate Stress Blog*. August 13, 2010.

“How Journaling Saved My Life.” *The Breast Cancer Site*. July 19, 2010.

“Writing About Family.” *The Answer Bag*. July 6, 2010.

“The Healing Power of Journaling.” *EmbracingMyJourney.com*. July 2010.

“Writing: A Sweet Release.” *Superstition Review*. April 2010.

“Creativity: Nature or Nurture.” *Dolcedolce.com*. April 8, 2010.

“Two Lives, and One Secret Journal: How a memoir writer struggled with the challenge of a dual storyline.” *The Writer*. March 2010.

“Journaling My Biopsy.” *Survivor’s Review*. Vol X. 2010.

“Spiritual Ruminations: Then and Now.” *Boomunderground.com*. January 2010.

“Personal Growth Through Breast Cancer.” *Recovering the Self: A Journal of Hope and Healing*. January 2010.

#### **POEMS** (most recent)

Sanity.” *Amgdala Literary Magazine*. Issue 2. November 2015.

“Trigger.” *Amgdala Literary Magazine*. Issue 2. November 2015

“Remnants.” *Pyrokinecton*. October 16, 2015.

“The Things I’ve Lost.” *Word Soup*. October 2015.

“Haunted by Images.” *Fourth & Sycamore*. September 21, 2015.

“According to Buddhism.” & “Zen Thoughts.” *Buddhist Poetry Review*. September 2015.

“The Trigger.” *Snapdragon: A Journal of Art & Healing*. September 2015.

“Pick Up.” *A Cafe in Space: The Anaïs Nin Literary Journal*. Volume 12. February 2015.

“Why I Hate Guns.” *Rivers Edge*. Volume XXVII. Issue 1. 2014

“What It Would be Like to Die.” *I-70 Review*. Summer/Fall 2014.

“Backyard Haikus.” *Vox Poetica*. April 6, 2014.

“Desire.” *Vox Poetica*. March 7, 2014.

“If I Had Carrots on Sunday.” *Vox Poetica*. February 5, 2014.

“The Minute.” *Blue Fifth*. March 2014.

“Desperation.” *Reverie: Ultra Short Memoirs*. 2013. (**Pushcart Nomination**).

“Garden Path,” “Hence,” and “Panoramic Ocean.” *Poetry Nook*. December 2013.

“Eros.” Whistling Fire. October 2013.

“Anecdote to Grief,” and “Pounding Out Words.” *The Bubble*. Issue 9. 2013-2014.

“Love’s Awakening.” *Snail Mail Review*, September 2013.

“Abandoned Love,” “Bathing Suit Blues,” “Bed Making.” *South Florida Arts Journal*, May 2013.

“Saturned.” *Prairie Wolf Press*. Spring 2013.

“Chaotic Feet.” *Boiler Room Journal*. December 2012.

“Shivering.” *Hot Summer Nights: A Collection of Erotic Poetry & Prose*. Inner Child Press. 2012.

“48-Hour Travel.” *The Citron Review*. Summer 2012.

“Truth Serum.” *New Mirage*. Spring 2012.

## **AWARDS**

Pushcart Nomination	“Desperation.” <i>Reverie: Ultra Short Memoirs</i> .	2013
Eric Hoffer Award	<i>Writers and Their Notebooks</i>	Winner — Academic Press (2011)
USA Book News	<i>Writers and Their Notebooks</i>	Finalist — Anthologies (2010)
USA Book News	<i>Healing with Words</i>	Finalist — Health/Cancer (2010)
Foreword Magazine Book of The Year	<i>Your High-Risk Pregnancy</i>	Finalist — Health/Cancer (2009)
Mom’s Choice Awards	<i>Regina’s Closet</i>	Winner — Biography (2009)
National Indie Excellence Awards	<i>Regina’s Closet</i>	Winner — Memoir (2008)
Foreword Magazine Book of The Year	<i>Regina’s Closet</i>	Finalist — Memoir (2007)

Sophie Brody Award	<i>Regina's Closet</i>	Nomination (2007)
Nonfiction New Millennium Writings	"Memory Web" (essay)	Honorable Mention (2008)
Benjamin Franklin Book Award	<i>Getting Pregnant and Staying Pregnant: Overcoming Infertility and Managing Your High-Risk Pregnancy</i>	1992

### **PROFESSIONAL AFFILIATIONS**

Board Member	Beyond Baroque Center for Literary Arts
Trustee	University of Southern California Santa Barbara (UCSB)
Board Member	<i>Poets &amp; Writers</i> (Magazine Committee)
Board Member	Center for Autobiographic Studies
Member	National Association of Memoir Writers (NAMW)
Member	Association of Transpersonal Psychology (ATP)
Member	European Association of Transpersonal Psychologists (Eurotas)
Member	International Women's Writing Organization (IWWG)
Member	A Room of Her Own Foundation (AROHO)
Member	The Poetry Foundation
Member	She Writes
Member	Friends of Esalen
Member	The Author's Guild, Inc.