

## Curriculum Vitae

DIANA RAAB, PhD

website: [www.dianaraab.com](http://www.dianaraab.com)

### **EDUCATION**

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

### **PROFESSIONAL EXPERIENCE**

Workshop Facilitator	Memoir Writing Workshops Private residence - California	2018 – present
Workshop Facilitator	"Write. Heal. Transform." DailyOM (online course)	2019 - present
Workshop Facilitator	"Therapeutic Writingz'q	2020 - present
Workshop Facilitator	The Santa Barbara Writer's Conference Memoir Writing	2009 – present
Workshop Facilitator	1440 Multiversity	2018
Workshop Facilitator	Hugo House	Fall 2017
Lecturer / Memoir Writing	Spalding University	Fall 2017
Workshop Facilitator	The Sacred Space, Summerland, CA	2014
Writing Facilitator	The Open Center, New York, NY	2015
Writing Facilitator	Practice Mind Body Spirit, Roslyn, NY	2015

Panelist	UCSB Writer’s Café Panel (memoir)	2015
Writing Workshop Leader	Antioch University Summer Writing Program Memoir Writing	2013
Regular Blogger	<i>Psychology Today</i> <i>Thrive Global</i> <i>Wisdom Daily</i> <i>Sixty and Me</i>	
Columnist	<i>The Santa Barbara Sentinel</i> “The Mindful Word”	2013 – 2014
Embodied Journaling Writing Instructor	Santa Barbara Healing Sanctuary	2012 – 2015
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)	1982 – 1984

Montreal, Canada

## **PUBLISHED WORKS**

### **BOOKS**

An Imaginary Affair: Poems for Pablo Neruda. *Finishing Line Press*. 2022.

*Writing for Bliss: A Companion Journal*. Loving Healing Press. Softcover. 2019.

*Writing for Bliss: A Seven-Step Program for Telling Your Story and Transforming Your Life*. Loving Healing Press. Softcover. Hardcover. Audible. Kindle. 2017.

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

*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**

(for complete up-to-date listing please visit website: <http://dianaraab.com/>)

“How Storytelling Gave Me Hope and Perspective.” *Post Road Magazine*. 2022.

“Writing Therapy for the New Year.” *Therapeutic Thymes*. March 2021.

“The Power of Storytelling.” *Babyboomers.com*. January 2021.

“How the Pandemic Gave Me Perspective.” *Spirit of Change*. January 20, 2021.

“Gratitude to My Grandmother.” *Silent World in Her Vase*. November 14, 2020.

“How Journaling Can Save Your Life.” *Hello50.com*. November 9, 2020.

“Your Life’s Passion: Finding those things that help you live your life to the fullest.” *The Mindful Word*. November 6, 2020.

“How Illness Can Be Lonely: Being Prepared for the Unexpected.” *Tiny Buddha*. October 23, 2020.

“Writing for Bliss: An adaptation.” *Café in Space*. 2018.

“What Death Teaches Us About Dying.” *Ruminant Magazine*. February 8, 2018.

“What Story Are You Being Asked to Tell?” *New York Free Spirit Journal*. January 23, 2018.

“Writing for Bliss: book adaption.” *Survivors Review*. January 2018.

“Writing and Bliss.” *Well Being Journal*. 2017.

“Inspired by Anais Nin.” *The Anais Nin Literary Journal*. Volume 13(93-97), 2016.

## **SELECTED POEMS**

(for complete up-to-date listing please visit website: <http://dianaraab.com/>)

“Pick Up.” *Full House Lit Magazine*. 2021.

“Fortune Cookie,” “The Meetup.” *Blood and Bourbon*. 2021.

“Panoramic Ocean.” *First Literary Review East*. 2021.

“Playing Doctor.” *New York Quarterly*. 2021.

“I Love Your Sonnet.” *Capsule Stories*. June 2021.

“*The Lost List*.” *Salt. Summer 2021*.

“*Flawed by Life*” and “*My Body Shut Down*.” *The Stray Branch*. Spring/Summer 2021.

“Ode to Memory.” *Ephemeral Elegies*. May 3, 2021.

“Pandemic Recipes.” *Constellate Journal*. Spring 2021.

“Craving You,” “Desire.” *Last Leaves Magazine*. Spring 2021.

“His Smile,” “My Heart Broke Loose with the Wind,” and “Pacific Sunset.” *While You Wait: An Anthology*. Gunpowder Press. 2021.

“Anima.” *Four Winds Journal*. 2018.

“If You Forget Me.” *Your Impossible Voice*. 2017.

“First and Last Breath.” *These Fragile Lilacs: Women’s Voices*, by Laura Hanna, Ed. 2017.

"Before We Meet," "Dear You," "Fast Moving Brain," "Leaning Tower," "Letting Go."  
*Peacock Journal*. 2017.

“Disenchanted.” *The Bookends Review*. 2017.

“Night Sounds.” *Connoisseurs of Suffering: Poetry for the Journal to Meaning*,  
by Jason Dias and Louis Hoffman, Eds. 2017.

“Body Shouts.” *BLYNK T Magazine*. 2017.

“Channeling with Grandma.” *Just A Little More Time*, by C. Lewers, Ed. March 2, 2017.

“Dear Enlightenment” and “First and Last Breath.” *Emergence*, by A.J. Huffman, Ed.  
Kind of Hurricane Press. 2016.

## **AWARDS**

NewMillennium Writings	“My Friendship with Thomas Steinbeck” – Honorable Mention	2020
Body Mind and Spirit Books Inspirational / First Place	<i>Writing for Bliss</i>	2018
Feathered Quill Book Award Self-Help / First Place	<i>Writing for Bliss</i>	2018
Feathered Quill Book Award Inspirational / Second Place	<i>Writing for Bliss</i>	2018

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**

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	Friends of Esalen
Member	The Author’s Guild, Inc.