**Curriculum Vitae**

DIANA RAAB, PhD

website: www.dianaraab.com

**EDUCATION**

PhD Psychology The Institute of Transpersonal Psychology 2014

(Transpersonal Dissertation: “Creative Transcendence:

Concentration) Memoir Writing for Transformation and Empowerment”

MFA in Writing Spalding University 2003

Louisville, Kentucky

Post-baccalaureate Vermont College 2001

Fiction Writing Montpelier, Vermont

RN Degree Vanier College 1980

Montreal, Canada

B.S. Cortland State University 1976

Health Administration, Journalism

**PROFESSIONAL EXPERIENCE**

Workshop Facilitator Memoir Writing Workshops 2018 – present

Private residence - California

Workshop Facilitator “Write. Heal. Transform.” 2019 - present

DailyOM (online course)

Workshop Facilitator “Therapeutic Writingz’q 2020 - present

Workshop Facilitator The Santa Barbara Writer’s Conference 2009 – present

Memoir Writing

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 2015

Writer’s Café Panel (memoir)

Writing Workshop Leader Antioch University Summer Writing Program 2013

Memoir Writing

Regular Blogger *Psychology Today*

*Thrive Global*

*Wisdom Daily*

*Sixty and Me*

Columnist *The Santa Barbara Sentinel* 2013 – 2014

“The Mindful Word”

Embodied Journaling Santa Barbara Healing Sanctuary 2012 – 2015

Writing Instructor

Organization for Keynote speaker 2014

Rehabilitation & Training “Writing for Transformation”

Writing Workshop Leader The Cottage, Brooklyn, NY 2014

(Writing Lust)

Panel Moderator Associated Writing Programs

(AWP) Annual Conference 2008 – 2011

Writing Class UCLA Extension Writers’ Program 2008 – 2012

(Journaling / Memoir)

Writing Workshop Leader Santa Barbara Writers’ Conference 2008 – 2012

(Memoir)

Writing Class UCSB Extension 2006 – 2007

Journaling / Memoir

Writing Workshop Leader UCSB 2006

Professional Women’s Association

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 Whispered to 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." *Ruminate 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.” *BLYNKT* 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 2020

Steinbeck” – Honorable Mention

Body Mind and Spirit Books *Writing for Bliss* 2018

Inspirational / First Place

Feathered Quill Book Award *Writing for Bliss*  2018

Self-Help / First Place

Feathered Quill Book Award *Writing for Bliss* 2018

Inspirational / Second Place

Pushcart Nomination “Desperation.” 2013

*Reverie: Ultra Short Memoirs*.

Eric Hoffer Award *Writers and Their Notebooks* Winner — Academic Press

(2011)

USA Book News *Writers and Their Notebooks* Finalist — Anthologies (2010)

USA Book News *Healing with Words* Finalist — Health/Cancer (2010)

Foreword Magazine *Your High-Risk Pregnancy* Finalist — Health/Cancer (2009)

Book of The Year

Mom’s Choice Awards *Regina’s Closet* Winner — Biography (2009)

National Indie *Regina’s Closet*  Winner — Memoir (2008)

Excellence Awards

Foreword Magazine *Regina’s Closet*  Finalist — Memoir (2007)

Book of The Year

Sophie Brody Award *Regina’s Closet*  Nomination (2007)

Nonfiction “MemoryWeb” (essay) Honorable Mention (2008)

New Millennium Writings

Benjamin Franklin *Getting Pregnant and*  1992

Book Award *Staying Pregnant: Overcoming*

*Infertility and Managing Your*

*High-Risk Pregnancy*

**PROFESSIONAL AFFILIATIONS**

Trustee University of Southern California Santa Barbara (UCSB)

Board Member *Poets & Writers* (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.