

Curriculum Vitae

DIANA RAAB, PhD

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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

On-line course	Write. Heal. Transform. DailyOM	2018 - present
On-line course	Therapeutic Writing DailyOM	2020 - present
Workshop Facilitator	Memoir Writing Workshops Private residence - California	2018 – present
Workshop Facilitator	"Write. Heal. Transform." DailyOM (online course)	2019 ---present
Workshop Leader	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- present

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 Memoir Writing	2013
Columnist	<i>The Santa Barbara Sentinel</i> "The Mindful Word"	2013 – 2014
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 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

Hummingbird: Messages From My Ancestors, A Memoir with Reflection and Writing Prompts. Modern History Press. 2024.

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: <https://dianaraab.com>)

POEMS

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

AWARDS

Southern California
Book Festival

Hummingbird: Messages to My Ancestors

Honorable Mention
(Memoir) 2023

New England Book Festival	<i>An Imaginary Affair: Poems Whispered to Neruda</i>	Runner-Up (Poetry) 2022
New Millennium 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 California, Santa Barbara (UCSB)
Member	European Association of Transpersonal Psychologists (Eurotas)
Member	A Room of Her Own Foundation (AROHO)
Member	The Poetry Foundation
Member	The Author's Guild, Inc.

ONLINE PRESENCE

Monthly Newsletter: [Diana's Newsletter via Constant Contact](#)

Social Media:

Instagram: [@dianaraab](#)

Instagram: [@authordianaraab](#)

LinkedIn: [Diana Raab](#)

Facebook: [Diana Raab](#)

Facebook: [DianaMarquiseRaab](#)

Regular Blogs / Articles

[*Psychology Today*](#)

[*The Wisdom Daily*](#)

[*The Good Men Project*](#)

[*Thrive Global*](#)

[*Sixty and Me*](#)

[*Medium*](#)