

Meet the Researchers

Dear Parents,

We are faculty members in the David B. Falk College of Sport and Human Dynamics at Syracuse University who have been working collaboratively over the past few years conducting research and training on the use of yoga and other mindfulness-based programs with children and youth. We are particularly interested in helping teachers and schools effectively plan, implement, document, and evaluate their mindfulness-based programs, as we feel that these programs have excellent potential to enhance skills that are important for your child's academic achievement and social competence, such as attention, self-regulation, and compassion. We hope that the information that we help collect and interpret will allow schools to continue offering such exciting programs to your children.

We look forward to working with you this year!

Best,

Rachel and Dessa

Rachel Razza, Ph.D., is an Associate Professor in the Department of Child and Family Studies at Syracuse University. Her research focuses on self-regulation in children and youth. Specifically, her work explores contextual predictors of self-regulation, and implications of various self-regulatory skills for children's school readiness and later school success. Her recent work examines mindful yoga as an intervention strategy to enhance these skills among children. Rachel teaches courses on child development and developmental theory and serves as the Graduate Director and coordinator for the Mindfulness and Contemplative Studies minor.

Dessa Bergen-Cico, Ph.D., is an Associate Professor in the Department of Public Health at Syracuse University, a Certified Addiction Specialist (CAS), and holds a research appointment at the Syracuse Veterans Affairs Medical Center. She teaches and conducts research on the efficacy of mindfulness-based practices for fostering self-regulation among children and young adults, reducing trait anxiety, increasing self-compassion, reducing posttraumatic stress among veterans, supporting people affected by trauma, and prevention of addictive behaviors. Dessa is the author of the book *War and Drugs: The Role of Military Conflict in the Development of Substance Abuse*.

The following is a partial list of publications Dr. Bergen-Cico and Dr. Razza have written on the efficacy of yoga and mindfulness-based practices.

Bergen-Cico, D., Razza, R., & Timmins, A. (2015) Fostering mindfulness and self-regulation through curriculum infusion of mindful yoga: a pilot study of efficacy and feasibility. *Journal of Child and Family Studies*. Online First. 1-14. doi 10.1007/s10826-015-0146-2

Razza, R. Bergen-Cico, D.K. & Raymond, K. (2015) Enhancing preschoolers' self-regulation via mindful yoga. *Journal of Child and Family Studies*, 24(2); 372-385. doi.org/10.1007/s10826-013-9847-6

Bergen-Cico, D, & Cheon, S. (2014) Mediating role of mindfulness and self-compassion in reducing trait anxiety. *Mindfulness*. 5(5) 505-519. doi:10.1007/s12671-013-0205-y

Bergen-Cico, D, Possemato, K. & Cheon, S. (2013) Examining the efficacy of a brief mindfulness based stress reduction (Brief MBSR) program on psychological health. *Journal of American College Health*. 61(6) 348-360.