

# Curriculum Vitae

## Gianna Settin, PhD

\*Credentials also under Joan M. Settin, PhD

### EDUCATION

**BA - Columbia University**, NYC, NY – Full Scholarship, Graduated Magna cum Laude, 1974  
Phi Beta Kappa in Psychology.  
**MA - Psychology, State University of New York at Stony Brook.** 1976  
**Internship – Clinical Psychology, Central Islip Psychiatric Facility**, Central Islip, N.Y. 1977  
**PhD - Psychology, SUNY at Stony Brook – Full Fellowship.** 1979

**Graduate Specialty Exams** - Alzheimer's Disease and Related Dementias.  
**Areas of Research Interest** - Geriatric Medicine; Social Gerontology; Staff Training and Development in Psychiatric Settings; Evaluation Methodology in Research with the Elderly; Effects of Institutional Environments on Health; Prevention and Holistic Health Interventions.

### CAREER PATH in Psychology

#### Work History:

Director of Education, Paraprofessional Institute for Allied Health Training, LI, NY. 1977-1978  
designed educational policy and course of study curricula for technicians in medical, dental, nursing and human services.  
Clinical Psychologist, Kings Park Psychiatric Center, Kings Park, NY. 1978-1980  
provided full range of psychological services to six wards (240 patients) on geriatric admissions, medical-surgical and chronic geriatric units.  
Program Services Director, Program on Aging, Bangor Mental Health Institute, Maine. 1980-1987  
Clinical Administrator of 4 unit, 146 bed JCH & ICF accredited facility – designed, implemented and coordinated resident treatment program & admission services, managed professional medical staff, performed policy planning, program and staff evaluation research.  
Consulting Geropsychologist, Mobile Psychogeriatric Program, Washington County Psychotherapy Assn., Machias, Maine. 1987-1999  
Team Psychologist for multidisciplinary mental health outreach team serving elders with psychiatric problems by providing diagnosis, evaluation and treatment recommendations.

My academic major in Social Psychology and Community Psychology Applied Research influenced my view of research as a tool for education and social change. I was guided into clinical work after conducting a study with clients in nursing homes for my Master's Thesis, where I became aware of the immense healing impact just one clinical contact could have on a person's quality of life. So from the mid-1980's - 2007 I had a full-time private practice, specializing in treatment for Couples & Adolescents, Parents & Elders, Gender Issues, Mood Imbalances; Anxiety Disorders; Preventive Complementary Health; Creativity and Spiritual Transformation.

**A Reiki in Hospitals Story.** In the early 2000's while living in Bangor, Maine, I began teaching Reiki and combining Reiki sessions with Psychotherapy, started Avanti Healing Arts®, and became a licensed teacher for the ICRT for a few years. During this time I tried to introduce the local hospital to Reiki by passing Reiki on to many physicians and nurses. In 2004 I developed a pilot Reiki in Hospitals program with the Nursing Dept. for Eastern Maine Medical Center which was vetoed by the Chief of the Medical Staff who said, "I won't have some \*\*\* un-Christian program in my hospital." In 2005 I presented *What is Reiki* to their Volunteer Dept., *Reiki in Hospitals* at their Annual Gen'l Membership Mtg. and *Reiki for Physicians – a 1/2 day Retreat*, for their Family Practice Residency Program (May 25, 2005). In 2007 after I moved to Colorado, one of my Reiki students finally accomplished implementing the Reiki in Hospital program in Bangor.

### **PEER REVIEWED PUBLICATIONS in Psychology**

(note: publications only up through the mid 1980's are listed. After this time I shifted focus to developing a full-time private clinical practice.)

MacDonald, ML & Settin, JM. Reality Orientation versus Sheltered Workshops as Treatment for the Institutionalized Aging. Journal of Gerontology, 1978, 33, (3), 416-421.

Settin, JM. Some Thoughts about Diseases Presenting as Senility. The Gerontologist, 1978, 18, (1).

Settin, JM. Client Age, Gender and Class as Determinants of Clinicians' Perceptions: A Study of labeling Bias. Doctoral Thesis, Dept. Psychology, State University of NY at Stony Brook, Dissertation Abstracts International, 1979 ©University Microfilms Int'l, Ann Arbor, MI.

Settin, JM & Bramel, D. Interaction of Client Class and Gender in Biasing Clinical Judgment. American Journal of Orthopsychiatry, 1981, 51 (3), 510-520.

Settin, JM. Gerontologic Human Resources: The role of the paraprofessional. New York: Human Sciences Press, 1982.

Settin, JM. Old Remedies and New Vistas: Case studies in gerontology. Experimental Aging Research, 1982, 8 (2), 123.

Settin, JM. Clinical Judgment in Geropsychology. Psychotherapy: Theory, Research and Practice, 1982, 19, (4), 397-404.

Settin, JM. Overcoming Ageism in Long Term Care: A solution in group therapy. Journal of Gerontological Nursing, 1982, 8, (10), 563-567.

Settin, JM. The Need for Training in the Long-Term Care of the Elderly. Hospital and Community Psychiatry, 1983, 34, (5), 458-459.

Settin, JM. Rolelessness: A deterrent to health of the elderly. International Quarterly of Community Health Education, 1983, 3, (4), 389-391.

### **CONFERENCE PAPERS & SELECTED WORKSHOP PRESENTATIONS in Psychology**

Group Treatment with the Institutionalized Aging: A comparative study. Paper with Marian L. MacDonald for American Psychological Assn. Annual Mtg., Chicago, Ill., 1975.

Paraprofessional Training and the Aging. Paper for Workshop on Community Psychology: The Public Sector. Kings Park, NY, April 1979.

Program for Training Therapy Aides to Work with the Aging. Paper for Conference for Psychologists in NY State Service, Albany, NY, Oct. 1979.

Therapists' Negative Perceptions of Aging Clients. Paper for Gerontological Society of America Annual Mtg., San Diego, CA, Nov., 1980.

Barriers to Mental Health of the Elderly. Keynote Address for Bureau of Mental Health and Maine's Elderly Workshop on Mental Health Needs of the Elderly, Colby College, Waterville, ME, Feb. 19, 1981.

Aging: Normal and Abnormal Processes. Workshop for Community Health and Counseling Services, Ellsworth, ME, May 11, 1981.

Psychiatric Aspects of Confusion: Recognition and Management. Paper for Conference on Confusion in the Elderly. Medical Development, Inc., Bar Harbor, ME, Aug.1, 1981.

Rehabilitative Needs of the Elderly. Panel for Second Annual William E. Schumacher Distinguished Lecturer Series: Psychiatric Rehabilitation: The role of the functional professional, Bangor, ME, Oct. 22, 1981.

Functional Disorders in the Elderly. Day-Long Workshop for Augusta Mental Health Institute, Augusta, ME, Feb.18, 1982.

Biological Aspects of Aging. Panel for National Assn. of Social Workers Annual Mtg., Bangor, ME, Mar.11, 1983.

Innovative Programs in Long Term Care. Symposium for Northeastern Gerontological Society Annual Mtg., Newport, RI, May 6, 1983.

Working with the Confused Resident. Workshop for Tri-State Health Care Assn. Annual Conference, Portland, ME, Sept.10, 1983.

Mental Health Problems of the Elderly: Coping with behavior problems. Workshop for Eastern Area Agency on Aging/Bureau of Maine's Elderly/ Dept. of Human Services on Caring for Elderly Boarding Home Residents, Bangor, ME, Nov.3, 1983.

Dementia. Workshop for Dept. of Human Services Division of Patient Classification, Augusta, ME, Apr.19, 1984.

Alzheimer's Disease. Workshop on Neuropsychology for Maine Psychological Assn. Mtg., Portland, ME, May 4, 1984.

Management of Confusion. Workshop for Maine Health Care Assn., Presque Isle, ME, May 17,1984.

Out of my commitment to dispel myths and stereotypes concerning the elderly, I did a lot of public speaking in the 1990's, giving probably hundreds of presentations to the community, health care professionals, and taught university courses and graduate seminars in psychology on varied topics in mental and holistic health. My last presentation before moving to Colorado was:

Mind, Body, Spirit Connection. Panel on Complementary Health for Division of Lifelong Learning Annual Retreat, Univ. of Maine, Orono, ME., Jan. 5, 2007.

## **PUBLICATIONS in Reiki**

Settin, J.M. Reiki and Dance. Reiki News Magazine, 2004, 3 (2), 14-21.

Settin, Gianna. Reiki Healing Dance: The Manual, with accompanying Healing Dance DVD, Avanti Healing Arts® Press, August, 2004.

Rand, William Lee and Settin, Gianna. Aspects of the Human Energy Field and the Healing Process, Reiki News Magazine, 2005, 4 (3), 42-48.

Settin, Gianna. Healing Dance: Gateway to the Soul. Inner Tapestry, 2005, 2, (5), 22.

Settin, Gianna. Willie the Reiki Master Cat. Reiki News Magazine, 2006, 5 (3), 56-59.

### **SELECTED PROFESSIONAL ACTIVITIES in Psychology**

- President of the Division of Private Practice, Maine Psychological Association (MEPA).
- Chair, Peer Review Committee, Member Public Education Committee of the Maine Psychological Association and Consultant to the Ethics Committee of MEPA.
- One-time Consultant to National Psychological Examination Board evaluating research-based criteria for the National Exam.
- Ongoing Clinical and Educational Consultant to Community Health and Counseling Services., Bangor, ME.
- Associate Staff, Eastern Maine Medical Center and St. Joseph's Hospital, Bangor, ME.
- Consultant to Dept. of Human Services Adult Protective Services, nurses and physicians on programmatic and clinical geriatric mental health issues and residents in *all* nursing and boarding homes in the greater Bangor area for two decades.

### **SELECTED AWARDS and APPOINTMENTS in Psychology**

- Appointed to NY State Governor's Advisory Committee on Aging, 1980.
- Adjunct Professor of Gerontology, Eastern Maine Community College, Bangor, ME, 1982.
- Awarded National NIMH grant for development and implementation of State-wide outreach evaluation and screening program assessing the needs of the elderly in nursing homes, 1983.
- Appointed by Commissioner of Mental Health, State of Maine to Chair the Maine Task Force on Aging, 1985.
- Award for Support of Professional Psychology in Maine by Maine Psychological Assn., 1994.
- Assistant Professor of Psychology, University of Maine, Orono – supervised and evaluated PhD research thesis, taught Psychology seminars and practica in graduate PhD program, 1995-1997.