

## Diane Malaspina, Ph.D.

3905 Holly Road Virginia Beach, Virginia 23451  
Phone: 757-589-3882 Email: connect@dianemalaspina.com

### Education

Ph.D. **Educational Psychology. University of Virginia. (2002).** Lifespan development and psychological/social mechanisms for coping with stress and increasing resilience. Test development, assessment techniques, research methods, positive psychology, promoting success.

M.S.Ed. **Early Childhood Education. Old Dominion University (1999).** Child development, behavior modification, and development of self-esteem. Techniques of teaching and learning, content development, and assessment.

B.S. **Psychology. Virginia Polytechnic Institute and State University. (1992).** Social and emotional development.

500 Hour Registered Yoga Teacher. **Yoga Medicine. (2018).** Therapeutic application of yoga through advanced study of the nervous system, anatomy, mindfulness-based practices, wellbeing, and blending western science with eastern practice.

200 Hour Registered Yoga Teacher. **Shiva Rea Prana Vinyasa Flow (2008). YogaWorks (2012).** Eastern spirituality and philosophy, chakra system/energetics, meditation, pranayama, contemplation, alignment, sequencing, and teaching methods.

Over 1000 hours of additional training in meditation, spiritual philosophy, yoga nidra, and holistic wellness.

### Experience

- Owner, Diane Malaspina Yoga and Well-Being. Virginia 2010 - present  
*Yoga and Mindfulness teacher and psychologist offering instruction, coaching, and mentoring. Content creation and delivery of teacher trainings/workshops, private sessions, and personal growth.*
- Faculty, Yoga Medicine. International 2018 - present  
*Teacher trainer and content creation for Mental Health and Wellness; lead trainer for certification programs; content creation and delivery for online courses including philosophy, grief, and growth mindset.*
- Assistant Professor, Psychology, Christopher Newport University. VA 2003 - 2008  
*Courses taught: Human Growth and Behavior, Biological and Social Bases of Psychology, Educational Psychology. Research emphasis: Social and emotional factors predictive of coping with stress.*

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### Select Health and Wellness Publications

- Malaspina, D. (2020) Reaching our greatest potential by generating positive synergy. *Thrive Global*. Retrieved from <https://thriveglobal.com/stories/reaching-our-greatest-potential-by-generating-positive-synergy/>
- Malaspina, D. (2020). The complex nature of grief during COVID-19 (Plus 3 simple practices to help you cope). *Yogi Approved*. Retrieved from <https://www.yogiapproved.com/life/coping-with-grief-during-pandemic-2/>
- Henderson, B. (2020). Dr. Diane Malaspina: How to develop mindfulness and serenity during stressful or uncertain times. *Authority Magazine*. Retrieved from <https://medium.com/authority-magazine/dr-diane-malaspina-how-to-develop-mindfulness-and-serenity-during-stressful-or-uncertain-times-407b2d8c611d>
- Malaspina, D. (2020). Three psychological nutrients for a fulfilling life. *Thrive Global*. Retrieved from [https://thriveglobal.com/stories/3-psychological-nutrients-for-a-fulfilling-life/?utm\\_source=Newsletter\\_Transaction&utm\\_medium=Thrive&utm\\_campaign=Published](https://thriveglobal.com/stories/3-psychological-nutrients-for-a-fulfilling-life/?utm_source=Newsletter_Transaction&utm_medium=Thrive&utm_campaign=Published)
- Malaspina, D. (2019). Transcending challenges by cultivating acceptance. *Thrive Global*. Retrieved from <https://thriveglobal.com/stories/transcending-challenges-by-cultivating-acceptance/>
- Malaspina, D. (2018). How meditation reduces stress: Plus six tips for absolute beginners. *Yoga International*. Retrieved from <https://yogainternational.com/article/view/how-meditation-reduces-stress>