

Laurie B. Mastrogianis, PhD, LPC, FLP

Summary of Qualifications:

- *Licensed Psychologist with specialties in Clinical Behavioral Medicine and Whole Person Care
- *Created STARS™ Model of Wellness and Corresponding Mobile App *Blue STAR Bright*
- *25+ years of clinical experience in the application of whole person care for anxiety & mood disorders
- *Over 18 years of academic work in graduate education, research and supervision of health providers
- *Consistently ranked in the 90th percentile on resident evaluations for lectures and precepting scores
- *Recipient of the 2009 WSU Family Medicine “Teaching Excellence” Award for Innovative Integration

Education	1999	Wayne State University	Detroit, MI
		<ul style="list-style-type: none">• PhD, Counseling Major, Psychology Cognate, Summa Cum Laude	
	1989	Oakland University	Rochester, MI
		<ul style="list-style-type: none">• Master's in Counseling Magna Cum Laude, Graduate Assistant Scholar	
	1985	Oakland University	Rochester, MI
		<ul style="list-style-type: none">• Bachelors of Art, Psychology Major, Biology Minor, Cum Laude	

Professional experience	November 2009-present--S.T.A.R.S. of Wellness PLLC 44056 Mound Rd. Suite 105, Sterling Heights, MI 48314 Founder, Director, Fully Licensed Psychologist
	<ul style="list-style-type: none">• Stress-Trauma-Anxiety Recovery System (STARS) Model of Wellness-Invented, Designed, Implemented, and Trademarked• Created Blue STAR Bright Mobile App for Stress Recovery• Whole Person, Integrated Counseling for Adults & Teens• Cognitive Behavioral Approaches to coping with (+) change• In-network Insurance Provider for Blue Cross/Blue Shield, HAP, BCN, Aetna, Cigna, Priority Health, & Medicare• Founded One STAR Movement for Social Change & Peace• Specializing in Brief Therapy with a Solution-Focused Theme• Supervision & Training for psychologists and counselors• Empathic, skills-based interventions for teens who are effected by stage of life stressors and bullying encounters• Brain-Based Wellness Strategies for Optimal Mental Health• Professional Development Seminars and Caregiver Wellness• Presentations in Workplace and Community-based settings• Clinical Educator – Whole Person programs for Seasonal Affective Disorder, Significant Loss, & Women's Issues• Collaborative Care Systems with local Primary Care Physicians• Teen STARS program specializing in bullying stress• Supervisor of STARS of Wellness clinical therapists• Women's Wellness support group for emotional trauma

April 2008 –October 2009 - Wayne State University School of Medicine,
Family Medicine & Transitional Residency Programs
Crittenton Hospital, Rochester MI

Assistant Professor, Behavioral Sciences, Family Medicine

- Behavioral Sciences, Longitudinal Curriculum, Family Medicine
- Supervisor – Clinical Skills, Transitional Residency
- Chair of Resident Wellness Committee

Precepting to Family Medicine residents for care and education of patients across the life-span, ambulatory and classroom teaching within a competency-based curriculum, coordinated yearly OSCE's and monthly resident communication evaluations. Additional responsibilities included design and development of the longitudinal and behavioral sciences curriculum, supervision of the integrated family medicine rotation and clinical skills rotation, mentoring of residents, professionalism advising, community outreach initiatives, supervision of resident's research, evaluation for promotion, advising, accreditation council, residency recruiting and interviews. Additional clinical duties included brief therapeutic approaches to patient care, stress management and disease prevention workshops, marketing and promotion of the patient centered medical home. Research interests included cultural differences in professionalism attitudes, information mastery using the RIME technique, resident well-being, and training physicians in the application of cognitive behavioral therapies and patient-centered approaches to medical care.

June, 2001 – July 2009 Perspectives of Troy

Troy, MI

Clinical Therapist, Consultant & Group Facilitator

Assisted in serving the therapeutic needs of a large, CARF accredited, out patient, counseling center that provided over 24,000 units of client care per year. Responsibilities included providing therapy to individuals, couples, families, teens and specialty groups. Treatment approach based upon brief therapy and cognitive-behavioral and systemic models. Efforts included crisis intervention, treatment and aftercare planning, evaluation, follow-up, consulting and referral for individuals families and couples, substance abuse treatment, mood disorders, anxiety disorders, behavioral addictions, personality disorders, and adjustment disorders. Additional responsibilities included educational outreach, supervision of interns, CBT training, mentoring new therapists, elected member-peer review committee, and accreditation review committee.

1999 – April 2008

Oakland University

Rochester, MI

Special Lecturer & Part-time Instructor

Teaching assignments in the masters of counseling program and exercise science department included courses in the fundamentals of wellness counseling, promoting healthy lifestyles, techniques of counseling, stress management and behavioral medicine/stages of change programs. Responsibilities included serving on dissertation committees, accreditation efforts, diagnosis and treatment planning with supervision responsibilities for clinical practicum, as well as community and school internships at a CACREP accredited counseling program.

1990 - 2001 Oakland University Rochester, MI
Supervisor/Coordinator - Disease Prevention/Health Promotion Programs

Supervised in-house and community based wellness/primary prevention programs at a non-profit, university-based preventive medicine facility. Responsibilities included budgeting, marketing, management and training of staff. Provided individual and group counseling based upon the clinical behavioral medicine model. Implementation and coordination of university-based and corporate programs in smoking cessation, weight management, stress management, women's health and wellness, and primary prevention programs. Extensive public speaking included behavioral components of healthy living and optimal strategies for coping with illness. Regular guest host on Secrets of Good Health, weekly talk radio show program.

1998-2000 W.I.N.G.S. of Life Oxford, MI
Counseling Director/Co-founder

Co-founded non-profit organization Wellness in New Growth Stages (WINGS) of Life - aimed at meeting the special needs of women in transition. Responsibilities included providing individual, relational, and group counseling as well as dissemination of information to community and special groups. Financial management duties included grant-writing, preparation of monthly reports, budget, accounting, relationship-building, public relations and outreach.

1991 - 2001 Guest House Treatment Center Lake Orion, MI
Wellness Consultant and Group Facilitator

Facilitated didactic presentations that aid the recovery efforts of clergy members in Phase 1-3 of substance abuse treatment. Provided group counseling addressing the recovery process, alternative behaviors, whole person wellness, healthy supports, spirituality, coping skills and relapse prevention.

1992 – 1999 Wayne State University Detroit, MI
Assistant Professor – Curriculum Coordinator

Fractional faculty Position for School of Allied Health Sciences, Department of Mortuary Science. Taught undergraduate level psychology courses at a large urban university. Courses included Psychology of Death & Dying, Grief & Loss, Cultural Diversity, Aftercare Planning, Client-Provider Communications, etc. Coordinator of clinical component of field placement sites in area Hospice programs. Curriculum planning and coordinator of psychological component of program in mortuary science. Served on student conduct and grievance committees. Promoted to serve as program manager of psychological curriculum.

1995 – 1996 Wayne State University Detroit, MI

Work First Counselor & Coordinator

Assisted in the implementation of a comprehensive state-funded program aimed at providing counseling, career planning and skill building didactics for welfare recipients entering the world of work. Responsibilities included cultural diversity, circumventing barriers to success, and communication skill building.

1990 – 1993 Maximum Living Birmingham, MI

Grief Counselor and Group Facilitator

Implement and maintain a concurrent program of individual and group therapy to bereaved individuals and families. This service included providing didactic presentations to the community in area funeral homes. Outreach services included developing and implementing publications on topics related to grief and loss.

1989 – 1993 Friend's Alliance Detroit, MI

HIV Counselor & Counseling Program Director

Secured funding to devise, implement, and promote the State of Michigan's first counseling program for people and families affected by HIV and AIDS. Responsibilities included individual and family psychotherapy, group facilitation based on Positive Living models, ongoing program assessment, budgeting, case consultation, seeking services for the uninsured, crisis intervention, coordination and training of volunteers, as well as supervision of interns.

Service

Resident Wellness and Social Chairperson, WSU - DFM

Ethics Committee Member, Crittenton Hospital

Community Medicine and Outreach Committee Member, Crittenton Hospital

School of Allied Health Sciences, Academic Conduct Committee

School of Health Sciences, Planning Committee Heart Health Workshop

Thesis Committee, "The Relationship Between Attitudes and Participation in Physical Activity Among Adult Women" Deni Nihra, Graduate Program in Exercise Science, Oakland University

Thesis Committee, "The Relationship Between Sleep, Exercise and Health" Ron Steward, Graduate Program in Exercise Science, Oakland University

Awards received

2009 Faculty Excellence Award, Departments of Family Medicine and Public Health, Wayne State University School of Medicine

2009 ACGME "Notable Practices" for Clinical Skills Rotation, Transitional Residency Program

Recipient of Graduate Professional Scholarship, Wayne State University

Certificate of Recognition for Mentoring Undergraduate Research, Wayne State University

Graduate Assistant, Oakland University, Human Resources Development

Special Training & Certifications

1992 Clinical Training in Behavioral Medicine, Harvard Medical School
Department of Continuing Education, Boston, Massachusetts

1991 Fundamentals of Substance Abuse, State of Michigan

1990 HIV Counseling, State of Michigan Department of Health

1989 Licensed Professional Counselor, State of Michigan

1999 Licensed Professional Sports Counselor

2008 Licensed Psychologist, State of Michigan

2009 Board Certified Professional Counselor

2015 Clinical Certification in the AMEN Method of treating ADD/ADHD

2016 Yoga Teacher Training at Red Lotus Yoga Studio

Research

“Grief Counseling Training Strategies: The Effects of Experiential and Skills-based Death Education Modules on the Death Anxiety, Death Competency, and Level of Grief Counseling Comfort of Beginning Counselors”
Dissertation research, June 16, 1998

“Protecting the Health of Bereaved Men”
Funding Agency – National Funeral Directors Association
Funding Amount: \$10,000 on February 2, 1998

“Gender Differences in Grief Support Services”
Funding Agency – Wayne State University
Funding Amount: \$500 on April 9, 1997

Publications

Mastrogianis, L. & Lumley, M.

Aftercare Services from Funeral Directors to Bereaved Men: Surveys of Both Providers and Recipients.
(2002) Omega Journal of Death and Dying, 45, 167-185.

Mastrogianis, L.

An Integrative Approach to Whole Person Grief Education.
(1999) Journal of Funeral Service Education, 6. 12-16.

- Frade, P., & Mastrogianis, L.
A Community Based Education Effort for Funeral Service Professionals.
(1998) Journal of Funeral Service Education, 5 22-29.
- Mastrogianis, L. Teaching the Complete Funeral Service Professional. (1997),
Journal of Funeral Service Education 4, 37-44.
- Mastrogianis, L. How Do You Spell Relief? – Overcoming Barriers to Health and
Wellness, (1997), The Director, 69-71
- Mastrogianis, L. & Mastrogianis, S.
“To The Next Level & Beyond: Seven Steps to a More Satisfying
Game of Soccer”, (2000), First Books.
- Mastrogianis, L. & Mastrogianis, S.
“Power to Play” – Mental Rehearsal CD, (2000), Next Level
Success.

Public Speaking & Presentations:

With over 25 years of providing community-based, corporate, and invited lectures, Dr. Laurie's extensive list of presentations and references is available upon request.