

BRIAN LUKE SEAWARD, Ph.D.

CURRICULUM VITA

Inspiration Unlimited & The Paramount Wellness Institute
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EARNED DEGREES

Doctorate of Philosophy, May 1987. University of Maryland, College Park, MD.
 Interdisciplinary Major: *Health Psychology*; Special Emphasis: *Psychophysiology*

Master of Science Degree, January 1981. University of Illinois, Champaign, IL.
 Major: Physical Education - Exercise Physiology, Minor: Health Education.

Bachelor of Arts Degree, May 1978. University of Maine, Orono, ME (with Distinction).
 Major: Journalism, Minor: Physical Education.

HONORS AND AWARDS:

Honorable Mention: 2018, British Medical Society: Managing Stress (9E)
 Merit Award Winner 2016, National Health Information Awards: *A Good Night's Sleep*
 PBS airing of *Earth Songs* on nationwide PBS affiliates across the country 2012-2015
 TEDx Series Speaker, *Health of the Human Spirit*. Denver, Colorado, December 1, 2011
 Award of Excellence (*Earth Songs*), Indie Film Fest Winner, 2011
 Artistic Spirit Award (*Earth Songs*) 2011 (Nominee), New Hope Film Festival, New Hope, PA
 Images and Voices of Hope Award (Nominee), *Earth Songs*, 2010
 National Wellness Institute Service and Leadership Circle Award (2007).
 American Journal of Nursing Book of the Year Award (2005) for *Managing Stress (4E)*
 Outstanding Health Professional Award, The University of Maine, 1994.
 Faculty Recognition Award: The American University, 1992.
 Nomination: Outstanding Community Service Award: The American University, 1991.
 Teacher Recognition Award: University College, University of Maryland, 1986.
 Phi Alpha Epsilon Honor Society: The University of Maryland, 1986.
 Distinguished Teacher's Award: University of Illinois: 1978, 1979, & 1980.

PROFESSIONAL EXPERIENCE:

1993—Present. **Executive Director:** *Inspiration Unlimited & The Paramount Wellness Institute*, a health promotion consulting company, conducting lectures, seminars, workshops, retreats and counseling sessions in human resource management, with a special emphasis in stress management, human spirituality, humor therapy, and all aspects of health promotion and wellness. **Visiting Professor**, The Graduate Institute, Bethany, CT. Adjunct professor at

the University of Colorado and the Consortium for Public Health, University of Northern Colorado.

1988-1993. *The American University*, Washington, D.C., Department of Health and Fitness, **Assistant Professor**. Development and instruction of undergraduate courses in Strategies for Stress Reduction, Modern Theories of Health and Wellness, Humor and Health, several skills related courses and graduate courses in Applied Human Physiology I & II and Behavioral Medicine. Chair, Department faculty search committee, member, Department Curriculum Committee, Graduate Research Committee, College of Arts and Sciences Educational Policy Committee, Member, The Pre-Med. Screening Committee, The American University Conduct Council, College of Arts and Sciences Freshman and Transfer Advisor, Master's Thesis Advisor, Faculty Advisor; The Outdoor Club & The Martial Arts Club. **Health Promotion Consultant**, The National Center for Health/Fitness.

1987-1988. *University of Vermont*. Burlington, Vermont. College of Medicine. **Research Assistant and Sports Medicine Consultant** to Medical Community Hospital of Vermont (MCHV) Clinical Research Center, Vermont Blue Cross-Blue Shield Wellness Program, Smugglers Notch Fitness Program and The Olympiad Sports Club.

1985-1988. *United States Olympic Biathlon Sports Medicine Council*. Burlington, Vermont. **Director of Sports Medicine, Sports Psychologist**. Designed and directed competitive anxiety reduction and stress management programs for National Team Athletes.

1983-1987. *University of Maryland*. College Park, Maryland. Department of Physical Education. **Faculty Instructor**. Designed and instructed undergraduate stress management course; *Strategies for Tension Control*, a holistic approach involving theories of stress management, psychology of stress, chronic physical adaptations of the stress response and a host of relaxation techniques. Acquired sound reputation in stress management; course proved to be one of the most popular on campus enrolling over 80 students per semester.

Associate Director, LIFELINE Wellness Program. The LIFELINE Wellness Program administrative responsibilities included: Development and program expansion, marketing and public relations, personnel management, budget and finance, facility scheduling, client scheduling, health and fitness appraisals, exercise stress tests, body composition analysis, health risk appraisals. Cleared program deficit, significantly increased participant enrollment and compliance, Initiated undergraduate health promotion internship program and augmented administrative and managerial skills both within and outside the university setting.

Lecturer: Appointed to the faculty of the University College of Adult Education. Received outstanding recommendations for teacher excellence.

1982-1983. *Boulder County YMCA*, Longmont, Colorado. **Physical Education and Wellness Director**. Administered Adult fitness classes, cardiac rehabilitation and all adult and youth sports programs with a staff of 10 fitness instructors, two registered nurses, three university student interns and over 300 volunteers. Responsible for all health and fitness

programs, IBM and STC corporate fitness programs, budget and finance, grants and fund raising, personnel management, program scheduling, marketing, and public relations.

1980-1981. *University of Wisconsin- La Crosse*, La Crosse Wisconsin. La Crosse Exercise Program, **Assistant Program Director**. Responsibilities included clinical stress testing and exercise prescription of typical and atypical adults referred into the adult fitness and cardiac rehabilitation programs. Clinician in Cardio-Pulmonary Department, Gunderson Clinic, La Crosse, WI. Director of the La Crosse City Hall Wellness Program. Coordinated, directed, and instructed aerobic conditioning classes, coronary risk factor screening, nutritional assessment and stress management seminars.

1978-1980. University of Illinois. Champaign, IL. Department of Physical Education. **Graduate Assistant**. Awarded a teaching assistantship waiving all graduate tuition and offering a salary for the instruction of physical education classes. Instructor of aerobic conditioning and weight control classes, racquet sports and aquatic skills. Exercise consultant to the University Lifetime Fitness Program. Responsible for prescribing individual weight training and fitness programs for faculty and local corporate executives.

1977-1978. University of Maine, Orono, Maine. **Program Coordinator**: PEP/60 Adult Fitness Program. Clinician, Preventive Medicine Program, Cutler Health Center.

PUBLICATIONS:

Seaward, B.L., *Earth Songs II: The Healing Power of Nature (Refreshments)*. Deep Blue Seaward Productions. Boulder, CO. April 22, 2019. <https://vimeo.com/ondemand/earthsongs>

Seaward, B.L., *Finding Unity Consciousness*. WINN, Jan. 11, 2019.

<https://winnpost.org/2019/01/11/finding-unity-consciousness>

Seaward, B.L., *Screen Addictions and the Human Spirit*. Sept. 28, 2018. www.winnpost.org

<https://winnpost.org/2018/09/28/screen-addiction-and-the-human-spirit/>

Seaward, B.L., *Guidance Along the Seeker's Path*. www.winnpost.org. May 4, 2018

<https://winnpost.org/2018/05/04/guidance-along-the-seekers-path/>

Seaward, B.L., *A Good Night's Sleep*. Beginnings (AHNA Newsletter). Feb, 2018.

<http://www.brianlukeseaward.com/downloads/AGoodNightsSleep-Seaward.pdf>

Seaward, B.L., *Managing Stress (9E)* Jones & Bartlett Learning, Boston, MA 2018.

Seaward, B.L., *Essentials of Managing Stress (4E)*. Jones & Bartlett Learning, Boston, MA 2016.

Seaward, B.L., *A Good Night's Sleep: Addressing Insomnia, Stress and Digital Toxicity*.

WELCOA: Wellness Councils of America, Omaha, NE. 2015.

- <http://www.brianlukeseaward.com/downloads/wp-sleep-well-dig-detox-mindful.pdf>
- Seaward, B.L., Stand Like Mountain, Flow Like Water, *Sober World*, 4(9) pages 6 & 46, 2015.
- Seaward, B.L., Sleep Wellness, Digital Detox and Mindfulness. A WELCOA White Paper. WELCOA, Omaha, NE, May 13, 2015.
- Seaward, B.L., The Power of Manifestation: The Power of the Unconscious Mind. *Healing Beyond Borders* Quarterly Newsletter, January 5, 2015.
- Seaward, B.L., *Managing Stress* (8E). Jones and Bartlett Learning. Boston, MA 2014.
- Seaward, B.L., *The Doors of Perception Wisdom Card Pack*. White Light Publications. Boulder, CO 2014.
- Seaward, B.L., *The Road To Wellness*. WELCOA: Wellness Councils of America, Omaha, NE. 2013.
- Seaward, B.L., Seasons of the Soul; The Zen of Happiness. RecoveryView.com. September, 2013.
<http://www.recoveryview.com/Articles/TabId/107/ArtMID/657/ArticleID/875/Seasons-of-the-Soul-The-Zen-of-Happiness.aspx>
- Seaward, B.L., *The Essentials of Managing Stress* (3e) Jones and Bartlett Learning. Burlington, MA 2013
- Seaward, B.L., *Health of the Human Spirit*. (2e) Jones and Bartlett Learning. Burlington, MA 2013
- Seaward, B.L., Stress, Tech and You. Advanc'Edge MBA. October 2012.
<http://www.exerclock.com/Content/files/Tech-Stress-BrianLukeSeaward.pdf>
- Seaward, B.L., *A Beautiful World: The Earth Songs Journals (A Companion Photography book to the Earth Songs documentary)*. White Light Publications, Boulder, 2012.
- Seaward, B.L., *Managing Stress* (7e). Jones and Bartlett Learning. Sudbury, MA 2012.
- Seaward, B.L., *Managing Stress: A Creative Journal* (4e). Jones and Bartlett Learning. Sudbury, Mass. 2011.
- Seaward, B.L., *Earth Songs: Mountains, Water and the Healing Power of Nature* (White Light Pictures in association with Blue-Eye Entertainment), Boulder, CO. 2011.
- Seaward, B.L., "Be Humble, For You Are Made of Earth, Be Noble, for You Are Made of

- Stars.” *The Wabash Journal* (Wabash College). 2010.
- Seaward, B.L., *Health and Wellness Journal Workbook* (3e). Jones and Bartlett Publishers. Sudbury, MA. 2010.
- Seaward, B.L., *Essentials of Managing Stress* (2E). Jones & Bartlett Publishers, Sudbury, MA. 2010.
- Seaward, B.L., *Let a Smile Be Your Umbrella* in *SMILE: The Secret Science of Smiling* by Elan Sun Star. Roaring Lion Press; Asheville, NC, 2009.
- Seaward, B.L., *Managing Stress (Sixth Edition)* Jones & Bartlett Publishers, Sudbury MA. 2009.
- Seaward, B.L., *Spirits on a Human Path: Stress and Human Spirituality in Everyday Life. California Biofeedback*. 24 (3): 1, 13-15. 2008.
- Seaward, B.L., *The Art of Peace and Relaxation Workbook*. Jones and Bartlett, Sudbury, MA. 2008
- Seaward, B.L., *A Dimensao Espiritual Da Qualidade de Vida* (in *Wellness: Se guia de bem-estar e qualidade de vida*. Edited by Alberto Ogata. Elsevier, Sao Paulo Brazil. 2008.
- Seaward, B.L., *Stress At the Speed of Life*. www.AuthenticLiving.com Pages 1-3. July 2007.
- Seaward, B.L., *Stand Like Mountain, Flow Like Water (10th Anniversary Edition)* Health Communications, Inc. Deerfield Beach, FL. July, 2007.
- Seaward, B.L., *In Search of Sleep*. www.Authenticliving.com pages 1-3, May 2007.
- Seaward, B.L. *Stressed Is Desserts Spelled Backward (Second Edition)*. Whole Person Associates Press. January 2007.
- Seaward, B.L., *The Domino Effect: The Relationship Between Stress, Nutrition, Lifestyle and Disease*. www.Authenticliving.com pages 1-5. February 2007.
- Seaward, B.L., *The Low Stress Diet*. (PowerPoint Presentation) WELCOA (Wellness Councils of America) Omaha, NE. 2007.
- Seaward, B.L., “The Stress of Life: Selye, Jung, Taylor and You.” *Beginnings*. The American Holistic Nurses Association. January, 2007.
<http://www.brianlukeseaward.com/downloads/stressoflife.pdf>
- Seaward. B., *Letting Go Of Stress* (PowerPoint presentation) WELCOA (Wellness

- Councils of America). Omaha, NE 2006.
- Seaward, B.L., *Essentials of Managing Stress*. Jones & Bartlett. Sudbury, MA 2006.
- Seaward, B.L., *Managing Stress (fifth edition)* Jones and Bartlett Publishers, Sudbury, MA 2006
- Seaward, B.L. (Producer/Director) *Jane Goodall's Message of Peace* CD/DVD. Narrated by Michael York. 2005. White Light Productions in association with Inspiration Unlimited.
- Seaward, B.L., "On Managing Stress and Achieving Balance." Ask the Experts,(an e-publication) The National Wellness Institute Vol. 2, No. 2 June 2005.
- Seaward, B. L., *Under Pressure: A Workforce on the Brink* (an interview) *Absolute Advantage* WELCOA 2005.
- Seaward, B. L., *Quiet Mind, Fearless Heart: The Taoist Path of Stress and Spirituality*. John Wiley & Sons, New York. 2005.
- Seaward, B.L., *Achieving the Mind-Body-Spirit Connection*. Jones & Bartlett: Sudbury, MA 2005.
- Seaward, B.L., and Johnson, M. S. *Seasons of the Heart: Earth Prayers II*. Narrated by Michael York. Inspiration Unlimited. Boulder, CO 2004.
- Seaward, B.L., The Path to Spiritual Wellness. *Absolute Advantage* 3(7):12-15, 2004.
- Seaward B.L., *Managing Stress* (4th Edition). Jones & Bartlett. Sudbury, MA 2004.
- Seaward B.L., *Managing Stress: A Creative Journal* (3th Edition). Jones & Bartlett. Sudbury, MA 2004.
- Seaward, B.L., "Healing Traditions Around The World. Bridges." *ISSSEEM*. 14(3):1-3, 2003.
- Seaward, B.L., *A Wing & A Prayer: Meditations and Visualizations* CD, Inspiration Unlimited. 2003.
- Seaward, B.L., *Sweet Surrender: Meditations and Visualizations* CD, Inspiration Unlimited. 2002.
- Seaward, B.L., *A Change of Heart: Meditations and Visualizations* CD, Inspiration Unlimited. 2002.
- Seaward, B.L., *Hot Stones and Funny Bones: Teens Helping Teens Cope With Stress*,

- Health Communications, Inc. 2002.
- Seaward, B.L., *Health and Wellness Journal Workbook* (second edition) Jones and Bartlett, Sudbury MA, 2002.
- Seaward, B.L., "Health of the Human Spirit: A Working Language for Pastoral Care." *Wayne Oats Journal*, Fall, 2001.
- Seaward, B.L., Spiritual Issues in Health Promotion. *The Art of Health Promotion* 5(1):1-8, 2001
- Seaward, B.L., *Health of The Human Spirit: Spiritual Dimensions For Personal Health*. Allyn & Bacon. Boston. 2001.
- Seaward, B. L., *Earth Prayers: The Healing Power of Nature*. (Video) Inspiration Unlimited, Fall, 2000.
- Seaward, B.L., "Stress and Human Spirituality 2000: At the Crossroads of Physics And Metaphysics." *Applied Psychophysiology and Biofeedback*. 25 (4) 241-246, 2000.
- Seaward, B.L., "Coping With Cancer Through Mind, Body and Spirit" *CancerSource.com*. April 2000.
- Seaward, B. L., "In the Aftermath: Handling the Stress After a Crisis." *Every Second Counts*. National Safety Council Fall. Summer 2000.
- Seaward, B. L., "Stress and Human Spirituality: At the Crossroads of Mind-Body-Spirit Healing. *Journal Of the Michigan Dental Association*. pp. 28-34. April/May 2000.
- Seaward., B. L., *Managing Stress In Emergency Medical Services*. Jones and Bartlett Publishers, Sudbury, MA 2000.
- Seaward, B. L., *The Art of Calm: Relaxation Through the Five Senses*. Health Communications. Deerfield Beach, FL, 1999.
- Seaward, B. L. *Stressed Is Desserts Spelled Backward: Rising Above Life's Challenges with Humor, Hope and Courage*. Conari Press, Berkeley, CA 1999.
- Seaward, B. L., Healing: What's Love Got to Do With It? *BRIDGES*. I.S.S.S.E.E.M., 9(4): 1-5, 1999.
- Seaward, B. L., Spiritual Fitness: Reflections on Stress and Human Spirituality, *American Fitness*, May/June : 61-64, 1998.
- Seaward, B. L., Paths to the Heart. *Science of Mind*, June: 31-35, 1998.

Seaward, B. L., *Table For Two, Please: Morsels of Inspiration and Wisdom Over The Noon Hour*. BookPartners, Inc. Wilsonville, OR, 1998.

Seaward, B. L., Partners in the Dance. *Professional Counselor* 13 (2): 14-18, 1998.

Seaward, B. L. Your Joy is Your Sorrow Unmasked; Stress and Spirituality, *Meridians*, Winter, 1998.

Seaward, B. L., *Stand Like Mountain, Flow Like Water; Reflections of Stress and Human Spirituality*, Health Communications Inc. Deerfield, Beach, FL, 1997.

Seaward, B. L., *Managing Stress: Principles and Strategies for Health and Wellbeing*. (second edition), Jones and Bartlett Publishers, Sudbury, MA, 1997.

Seaward, B.L, *Managing Stress: A Creative Journal* (second edition), Jones and Bartlett Publishers, Sudbury, MA, 1997.

Seaward, B. L., *Health and Wellness Journal Workbook*. Jones and Bartlett, Boston, MA, 1996.

Seaward, B. L. Good Vibrations; The Healing Power of Humor, *BRIDGES*, I.S.S.S.E.E.M., 6(3): 5-7, 1996.

Seaward, B. L., Reflections on Human Spirituality for the Worksite. *American Journal of Health Promotion*, 9(3): 165-168, 1995.

Seaward, B. L. Job Stress Takes a Global Toll. *Safety + Health*, 151(1) 64-67, 1995.

Seaward, B. L., Stress Management in The American Family (Chapter 9): *Life and Health*. Robert D. Patton, Editor. Third Party Publishing, Oakland CA. 1995.

Seaward, B. L., *National Safety Council's Stress Management* Jones and Bartlett Publishing Co. Boston, MA, 1994. (packet includes workbook, instructor's manual, videotape, slide set (40 slides) and audio tape). 1995.

Seaward, B. L., Walking In Balance, *Resonance*. Winter. 1994.

Seaward, B. L., Alternative Medicine Complements Standard. *Health Progress*, 75(7): 52-57, 1994.

Seaward, B. L., *Managing Stress, Principles and Strategies for Health and Wellbeing* Jones and Bartlett Publishing Co., Boston, MA. 1994.

Seaward, B. L. *Managing Stress, A Creative Journal* Jones and Bartlett Publishing Co., Boston, MA. 1994.

Seaward, B. L. & Mathews, J.O., *Managing Stress: A Relaxation Tape* Jones and Bartlett Publishing Co. Boston, MA. 1994.

Seaward, B. L., Meholick, B., and Campanelli, L., Introducing the Spiritual Well-being Component into Corporate Health Promotion Programming. *Wellness Perspectives*, 8: 16-30, 1992.

Seaward, B. L., Humor's Healing Potential, *Health Progress*. April: 66-70, 1992.

Seaward, B. L., Spiritual Well-Being, A Health Education Model. *Journal of Health Education*. 22:(3), 1991.

Seaward, B. L., & Snelling, A., A Marketing Strategy for a Campus Wellness Program *Health Education*. 21: 4-8, 1990.

Seaward, B. L., Stress Management for the Elderly: A Holistic Approach, *Topics in Geriatric Rehabilitation* 6(1): 27-36, 1990.

Eitel, K., & Seaward, B.L., Job Turnover in Aerobic Dance. *FITNESS Management* May, 44-46, 1990.

Seaward, B. L. Snelling, S., Essential Qualities of a Health Promotion Professional *FITNESS Management*, March, 80-84, 1990.

Seaward, B. L., Clapp, J. F., Sleamaker, R.H., Hiser, J., The Precision and Accuracy of a Portable Heart Rate Monitor. *Biomedical Instrumentation & Technology*. 24: 37-41, 1990.

Snelling, A., Meholick, B., Seaward, B. L., Counseling Fitness. *FITNESS Management* January, 40-41, 1990.

Seaward, B. L., Underwater Football, *Journal of Physical Education, Recreation and Dance*. 60: 12-13, 1989.

Seaward, B. L., *Best Friend*, The Psychology of Stress, White Pines Publications, Second Edition, Burlington, Vermont. 1989.

Seaward, B. L., *The Art of Passage: A Guided Mental Imagery Video*, White Pines Publications, Burlington, Vermont. 1988.

Seaward, B. L., The Effects of a Comprehensive Stress Management Program on Physiological Manifestations of the Stress Response. *Psychophysiological Monographs*, 5: 1-7, 1988.

Clapp, J. F., Seaward, B. L., Sleamaker, R. H., & Hiser, J., Maternal Physiological Adaptations to Early Pregnancy. *American Journal of Obstetrics and Gynecology*, 159: 1456-1460, 1988.

Seaward, B. L., From Corporate Fitness to Corporate Wellness. *Fitness in Business*, 2: 182-186, 1988.

Kindelbacher, B. & Seaward, B. L., Die Konkurrenz Stohnte - Pigg Schleckte, *Triathlon Magazin Deutche*, 5:18-19, 1988.

Seaward, B. L., & Walton, J., (Editors) *LIFELINE WELLNESS Handbook*, Department of Physical Education, University of Maryland College Park, MD. 1986.

Allen, R., & Seaward, B.L., *The Art of Passage: Guided Mental Imagery and Relaxation Tapes*. Autumn Wind Publications. College Park, MD. 1986.

Seaward, B. L., *Mind, Your Body: A Workbook for Conditioning and Weight Control*. White Pines Publications, College Park, MD. 1984.

Selected Presentations/Association Conferences

** Please note that as a part of my career as a professional speaker it is impossible to list all presentations. A current list of upcoming events can be found on my website: www.brianlukeseaward.net. I have been a featured keynote speaker and breakout presenter at several national and international conferences over the past four decades including:*

*The Institute of Noetic Sciences • Healing Touch International
The American Journal of Health Promotion • The Art & Science of Health Promotion
The National Wellness Institute • AAPHERD • WELCOA • APHON • APNO
Humor & Creativity Conference ^a The California Biofeedback Society
The New York State AAPHERD Conference • The American Fibromyalgia Association
Conference • Sigma Theta Tau Honor Society of Nursing • Clayton School of Naturopathic
Medicine • Powell River Wellness Conference (CAN)
American Association of Orthodontists • American Association of Endodontists
New England Holistic Nurses Association • Boston Medical Center*

A Sample of Fortune 500 Companies, etc. that have invited me to speak:

Quaker Oats, BP John Deere, Hewlett Packard, Proctor and Gamble, Conoco Phillips, Mutual of Omaha, Organic Valley Dairy, Blue Cross/Blue Shield, Seagate Corporation,

Hannaford Foods, International Truckers Corporation, Wells Fargo Investors, Center for Disease Control United States Army and the United States Air Forces.

