

Macall Gordon, M.A.

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EDUCATION

M.A., Psychology, Antioch University, Seattle, WA • June 2008

Area of focus: Development of emotional regulation, infant mental health

Coursework included: Psychopathology, Clinical Treatment of Infancy, Family Systems, Research Methods, Research Statistics, Research in Family Practice, Parenting Psychology, Emotional Regulation, and Attachment

Research interests: The ecology of infant sleep interventions; Cultural influences on parenting advice; Translation of research into parenting advice and practice; Development of emotional regulation; Crying and colic

Certificate, Infant Observation & Human Development, Family Services, Bellevue, WA • October 2004

Area of study: Course involved a weekly observation of a mother and her infant from birth through the first birthday. Observations included a written narrative about the interaction and an assessment of attachment security. Course also included monthly didactic lectures addressing mother-infant dynamic processes.

Clinical coursework, JFK University, Orinda, CA

Coursework in pursuit of a clinical Master's degree in Counseling psychology. Courses included: Effective Listening, Human Development in the Family Life Cycle (2 quarters), Child Development, Group Process (4 quarters), and Transpersonal Psychology.

B.S., Human Biology, Stanford University, Palo Alto, CA • June 1983

Area of focus: Coevolution of biology and culture.

Advanced Training, Parenthood, Madison, 25 & Jake, 24 • 1994-present

Area of study: Coursework includes: Advanced Patience Training, Accelerated Personal Growth, and ongoing intensives in Empathy, Presence, Endurance and Compassion. Responsibilities include reading all published books on parenting and periodic personal therapy.

RELEVANT EXPERIENCE

Certified Gentle Sleep Coach, That First Year Gentle Sleep Coaching & Support (9/15-present)

Responsibilities: Gentle sleep coaching involves a thorough assessment of the infant and family, appropriate referral to adjust providers (lactation, OTs, sleep medicine, ENTs), and the development and implementation of a relationship-based, developmentally-based approach that minimizes crying and utilizes parental support. Specializes in “spirited” infants and children – those that are temperamentally intense, sensitive, perceptive, difficult to soothe.

Senior Lecturer, Department of Psychology, Antioch University, Seattle, WA (7/08-present)

Responsibilities: Teaching graduate courses: Introduction to Research and Effective Parenting to graduate students in the Couple & Family Therapy, Mental Health Counseling, and Expressive Arts Therapy programs.

Research Assistant, *Bringing Baby Home Project (Research Practicum)*, Gottman Institute, Seattle, WA (10/04-5/05)

Responsibilities: Responsible for creating a new coding system for detecting early emotion communication between parents and their 3-month-old infants. Conducted observational research to develop coding categories and criteria, tested reliability of codes, then coded taped triadic play interactions.

Contract Research Assistant, *Talaris Research Institute*, Seattle, WA (3/05-6/05)

Responsibilities: Responsible for researching and summarizing seminal research on developmental milestones in infancy in the domains of cognition, socioemotional, sensory, motor and language development. Responsible for identifying gaps in Talaris' existing developmental timeline and finding the necessary research to fill the gaps. Also wrote copy directed at parents that summarized the milestone information.

Founder/Coordinator, *Family Resource Center*, Habitot Children's Museum, Berkeley, CA (7/97-9/98)

Responsibilities: Responsible for designing and establishing the museum's Family Resource Center. The program included a library of parenting books, a series of classes, a website of resources, and a Drop-in Advice program. Responsibilities also included recruiting and screening proposals for classes; recruiting, screening and scheduling therapists; writing and producing a series of parenting brochures. (Volunteer position)

PUBLICATIONS/PRESENTATIONS

Gordon, M.D., Varela, J., & West, K. (2019, June). *Improving sleep with mom (and baby) in mind: Strategies for clinicians*. Poster presented at the Postpartum Support International Conference, Portland, Oregon. June 27-29, 2019.

Gordon, M. D. (2019, March). *Forces of nature: Are there strengths that underlie the challenges of a difficult temperament?* Poster presented at the Society for Research in Child Development Biennial Conference, Baltimore, Maryland. March 22-24, 2019.

Gordon, M. D., Middlemiss, W., & Teti, D. (2019, March). *Let's turn the conversation around: Making infant sleep interventions developmentally- and family-focused*. Roundtable discussion at the Society for Research in Child Development Biennial Conference, Baltimore, Maryland. March 22-24, 2019.

Rastogi, A., & Gordon, M. D. (2019, March). *Difficult or gifted? Qualitative investigation of parents' experiences of their gifted children as infants*. Poster presented at the Society for Research in Child Development Biennial Conference, Baltimore, Maryland. March 22-24, 2019.

Gordon, M. D., & Hill, S. L. (2009, April). *Parenting advice about sleep: Where have we been? Where are we going?* Roundtable Chair. Society for Research in Child Development Biennial Conference, Denver, Colorado. April 1-4, 2009.

Middlemiss, W., Gordon, M., Goldberg, W., Porter, L., Keller, M., Granger, G. A., & Germon, G. (2008, August). *Sleep interventions and parent-child well-being*. Poster presented at the World Infant Mental Health Conference, Yokohama, Japan. DOI 10.13140/RG.2.2.23807.92320

Gordon, M. D., & Hill, S. L. (2008, March). *What to do about sleep? A survey of parents' experiences with infant sleep and popular advice*. Poster presented at the International Society for Infant Studies Biennial Conference, Vancouver, British Columbia. March 27-30, 2008. DOI 10.13140/RG.2.2.34093.90080

Gordon, M. D. (2007, May). *Crying before sleep: What do we know about behavioral sleep training in infancy?* Roundtable Chair. Society for Research in Child Development Conference, Boston, MA.

Gordon, M. D., & Hill, S. L. (2006, July). "Crying it out." *A critical review of the literature on the use of extinction with infants*. Poster presented at the World Infant Mental Health Conference, Paris, France. DOI 10.13140/RG.2.2.12283.52003

Shapiro, A. F., & Gordon, M. D. (2005). *The Early Meta-Emotion Coding System*. Unpublished laboratory manual. Seattle, WA: Gottman Institute.