



Ruth Q. Wolever, PhD is the Director of Vanderbilt Health Coaching: Research, Practice & Education, engaged through the Osher Center for Integrative Medicine and the Vanderbilt University School of Nursing. Ruth is also an Associate Professor in the Departments of Physical Medicine and Rehabilitation, with a secondary appointment in Psychiatry at the Vanderbilt School of Medicine. She is a clinical health psychologist with 21 years of experience designing, implementing, and evaluating behavior change programs for medical patients and those at risk for chronic disease. Ruth is a nationally recognized expert on Health and Wellness Coaching and one of the elected leaders of the National Consortium for Credentialing Health and Wellness Coaches ([ncchwc.org](http://ncchwc.org)), a non-profit organization that has launched the first national certification for health and wellness coaches in the United States. Prior to joining Vanderbilt, Ruth was the Founding Research Director for Duke Integrative Medicine and an Associate Professor in the Department of Psychiatry and Behavioral Sciences at Duke School of Medicine. Ruth is also a national leader in the study of mindfulness-based approaches to self-regulation and lifestyle change (particularly stress and eating behaviors, binge eating, weight loss and weight loss maintenance), as well as innovative treatments for medication adherence, insomnia, tinnitus, and other stress-related disorders. Her clinical research has been funded by the National Institutes of Health (NCCAM – now NCCIH, Office of Women’s Health, NHLBI, and NIDCD), Centers for Medicare and Medicaid Services, industry, and philanthropy. Ruth has also co-authored *The Mindful Diet*, released in April 2015 by Simon & Schuster. Ruth has served as an expert in emotional health and behavior change for Everyday Health on the web, for GlaxoSmithKline, for

Nurtur (a fully-owned subsidiary of Centene), for the Samueli Institute, and for clinics on better integrating behavioral health into primary care models. Finally, Ruth serves as the Chief Scientific Officer for eMindful.