

Curriculum Vitae

Dr. Richard Blonna
112 Marco Villas South
Marco Island, Florida, 34145

Education

5/86	Edd Health Education/ Health Counseling	Temple University Philadelphia, PA
6/76	MA Education/Counseling	Seton Hall University South Orange, NJ

Work Experience

'13 -	President	Dr Rich Blonna LLC Marco Island, Florida
'86 - '14	Full Professor	William Paterson College Wayne, NJ
'90 - '13	President	RJ Health Consultants Hillsborough, NJ
'96 - '02	Adjunct Professor	Thomas Edison College Trenton, NJ
'86 - '96	Lecturer	Newark STD/HIV Prevention Education Training Center Newark, NJ
'82 - '86	Instructor	Temple Philadelphia, PA
'84 - '86	Public Health Education Consultant	New Jersey State Dept. of Health
'76 - '84	Public Health Field Supervisor	New Jersey State Dept. of Health
'73 - '76	Public Health Field Investigator	New Jersey State Dept. of Health

Certifications/Licenses

- '11-present Board Certified Coach (BCC)
- '07- present Distance Certified Counselor (DCC)
- '07- present National Certified Counselor (NCC)
- '89 - present Certified Health Education Specialist (CHES)

Professional Association Memberships

- International Coach Federation
- Association for Contextual and Behavioral Science
- Society for Public Health Education (National)

Honors/Awards

- '05 Who's Who Among America's Teachers (awarded for teaching excellence)
- '00 Who's Who Among America's Teachers (awarded for teaching excellence)
- '94 Who's Who Among America's Teachers (awarded for teaching excellence)
- '90 WPC Merit Award Recipient

Scholarly Achievements (Publications: Textbooks)

- '12 Blonna R. (2012). *Coping With Stress in a Changing World*. 5th Edition. St. Louis: McGraw Hill Publishing.
- '11 Blonna R., Carter, L. (2011). *Healthy Sexuality* 2nd Edition. DuBuque Iowa: Kendall Hunt Publishing
- '11 Blonna R., LoSchiavo, J., Watter D. (2011). *Health Counseling: A MicroSkills Approach* 2nd Ed. Sudbury Mass: Jones & Bartlett Publishing
- '09 Blonna R., Carter, L, Levitan J. (2009). *Healthy Sexuality* Edition. DuBuque Iowa: Kendall Hunt Publishing
- '07 Blonna R. (2007). *Coping With Stress in a Changing World*. 4th Edition. St. Louis: McGraw Hill Publishing.

- '05 Blonna R., Levitan J. (2005). *Healthy Sexuality*. Belmont Ca: Thomson/Wadsworth Publishing
- '05 Blonna R., Watter D. (2005). *Health Counseling: A MicroSkills Approach*. Sudbury Mass: Jones & Bartlett Publishing
- '05 Blonna, R. (2005). *Instructor's Guide: Coping With Stress in a Changing World 2nd Edition*. St. Louis: Mosby-YearBook.
- '05 Blonna R. (2005). *Instructor's Guide for Health Counseling: A MicroSkills Approach*. Sudbury Mass: Jones & Bartlett Publishing
- '00 Blonna R. (2000). *Issues in Human Sexuality*. Englewood Co: Morton Publishing.
- '98 Blonna, R. (1998). *Instructor's Guide: Healthy Sexuality*. Englewood Colorado: Morton Publishers.

Scholarly Achievements (Publications: Other Books)

- '14 Blonna R. (2014). *Conquer your stress with the Five R's*. Kindle Edition. Amazon.com
- '14 Blonna R. (2014). *Rethink; Conquering your stress by changing the way you think about it*. Kindle Edition. Amazon.com
- '14 Blonna R. (2014). *Relax; Conquering your stress by relaxing and short-circuiting the stress response*. Kindle Edition. Amazon.com
- '14 Blonna R. (2014). *Release; Using physical activity and orgasm to conquer your stress* . Kindle Edition. Amazon.com
- '14 Blonna R. (2014). *Reduce; Conquer your stress by turning your stressors into challenges*. Kindle Edition. Amazon.com
- '14 Blonna R. (2014). *Reorganize; Using hardy health habits to conquer your stress*. Kindle Edition. Amazon.com
- '12 Blonna R. (2012). *Sex-ACT: Unleash the Power of Your Sexual Mind with Acceptance and Commitment Therapy to*. Bedford, IN: NorLightsPress.com
- '11 Blonna R. (2011). *Maximize Your Coaching Effectiveness With Acceptance and Commitment Therapy*. San Francisco: New Harbinger Press
- '10 Blonna R. (2010). *Stress Less, Live More: Using Acceptance and Commitment Therapy to Live a Busy Yet Balanced Life*. San Francisco: New Harbinger Press

- '06 Blonna R.(2006). Seven Weeks to Conquering Your Stress. Charleston SC: BookSurge Publishing

Scholarly Achievements (Publications: Book Chapters)

- '14 Blonna, R. (2014). An Acceptance Commitment Therapy Approach to Sexual Attraction. In Luca, M (Ed). Sexual Attraction in Therapy: Clinical Perspectives on Moving Beyond the Taboo - A Guide for Training and Practice. London: John C. Wiley Publishing.
- '14 Blonna, R., Antiss, T. (2014). Acceptance and Commitment Coaching. in Passmore, J. Ed. (2014). Mastery in Coaching :A Complete Psychological Toolkit for Advanced Coaching. London: Kogan Page Publishing.
- '13 Blonna R (2013). Getting a Line on Online Teaching. in 2013. *Tools of the Trade, Volume 3* SOPHE eBook. Washington DC, SOPHE.

Scholarly Achievements (Publications: Refereed Articles)

- '07 Blonna R (2007). Getting a Line on Online Teaching. Health Promotion Practice, Vol 8, (4) Oct. 2007, 317-320.
- '07 Blonna R (2007). Make Your Class of the Web, Rather than on The Web. The Reporter, (78) 1, Summer 2007, pp 17-22.
- '07 Blonna R (2007). Stressors. in Encyclopedia of Social Problems, edited by Parillo, V. Thousand Oaks , CA. Sage.
- '07 Blonna R (2007). Sexually Transmitted Diseases. in Encyclopedia of Social Problems, edited by Parillo, V. Thousand Oaks , CA. Sage.
- '01 Blonna R., Shapiro P. (2000). Teaching at a Distance. Health Promotion Practice. 2(3), July.
- '98 Blonna R. (1998) A. Wellness Model of Stress & Coping. The Reporter (Fall)
- '91 Blonna R, Hayden J, Milcetic J. (1991). The relationship between AIDS knowledge, AIDS fear, and condom use among college students. AJCollege Health.15(2) , 1991
- '91 Blonna R, Broadbent L, King P. (1991). Developing a Marketing plan for NJSOPHE. Health Education Quarterly. 18 (2), 191-194.
- '90 Blonna R, McNally K, Grasso C. (1990). Intermediary marketing of family planning `services in NJ. Journal of Healthcare Marketing. 10 (1), 53-55.

- '89 Blonna R, Legos P. Burlak P. (1989). The effects of an STD patient counseling program on compliance with medication taking and return for follow-up. *Journal of Sexually Transmitted Disease*. 16(4).

Scholarly Achievements (Publications: Non-refereed Articles & Reviews)

- '07 Blonna R (2007). Coping With Stress Using the Five R's. *Men's Exercise* (3) September, 2007, pp56 - 59.
- '06 Blonna R (2006). Stress and the Pace of Life. *Thirty Thousand Days*, Vol. 13 (1) Fall 2006. ToDo Institute. Monkton: Vermont
- '04 Blonna R (2004). (Book Review; Chapter 4). (2004). *Your Health Today*. St Louis: McGraw -Hill. Reviewed chapter on Stress.
- '00 Blonna, R (2000). Students appear more willing to discuss personal-health issues on-line. *Chronicle of Higher Education* (on-line version, 10/13/2000).
- '96 Blonna R (1996). (Book Review; Chapter 21). Thibodeau, G., Patton K. (1996). *Anatomy & Physiology*. St Louis: Mosby-YearBook. Reviewed chapter on sexual anatomy & physiology .
- '96 Blonna R (1996). (Book Review; Chapters 27 & 28). Seely R., Stephens T.D., Tate P. (1996). *Anatomy & Physiology*. St. Louis: Mosby-YearBook. Reviewed chapters on male and female sexual anatomy & physiology
- '95 Blonna R. (1995). A Wellness Model of Stress. *Mosby's Health Exchange*, (Fall) pp 1-4.
- '90 Blonna R. (1990). Just Say No: Imperfect & Imprecise. *Family Life Matters*, (Spring) pp 1-4.
- '89 Blonna R. (1989). A Critical Review of the Methodological Issues in Research on Stress & Genital Herpes. Wayne, NJ. Published Conference Proceedings, An Adaptation Approach to Stress/Coping.
- '88 Blonna R. (1988). The Condom; A Contraceptive Whose Time has Come, Again. *Men's Reproductive Health*, (2) 2, pg 1.

Scholarly Achievements (Productions)

- '06 Blonna R (2006). Seven Weeks to Conquering Your Stress. Relaxation CD. Hillsborough NJ: RJ Health Consultants.

- '05 Blonna R (2005). Choosing Community Health 2ND ED. Wayne, NJ: WPU Media Services (videotape) [produced and narrated]
- '03 Blonna R (2003). Choosing Community Health . Wayne NJ: WPU Media Services (videotape) [produced and narrated]
- '03 Blonna R (2003). Orientation to Online Learning. Wayne NJ: WPU Media Services (videotape)[produced and acted in]
- '96 Blonna R. (1996). Relaxation Techniques for Effective Stress Management. St. Louis: Mosby-YearBook (audiotape)[wrote script]
- '89 Blonna R. (1989). Introduction to Your Internship. Wayne NJ: William Paterson College TV Studio (videotape)

Scholarly Achievements (Juried Presentations)

- '12 Blonna R (2012). 3 Presentations; Maximize Your Coaching Effectiveness with ACT, Sex-ACT- Unleash the Power of your Sexual Mind With ACT, Ignite: Sex ACT.10th World Conference of the Association for Contextual and Behavioral Science. Washington, DC.
- '12 Blonna R (2012). Managing Stress Using Naikan and Morita Therapy. Thirty Thousand Days; The Time of Your Life. 1st World Meeting of the ToDo Institute. Burlington, VT.
- '10 Blonna R (2010). ACT & Stress Workshop. ACT ; 6th Annual Summer Symposium for the Association for Contextual and Behavioral Psychology (ACBS). Reno, Nevada.
- '08 Blonna R (2008). ACT on Managing Your Stress. ACT IV; 4th Annual Summer Symposium for the Association for Contextual and behavioral Psychology (ACBS). Chicago, Illinois.
- '05 Blonna R (2005). Health Counseling; A MicroSkills Approach. Annual Mid-Year Scientific Meeting, National SOPHE and Society for Behavioral Medicine. Boston MA., 4/16/05.
- '05 Blonna R. (2005). Coping With Stress in a Changing World; Challenge and Psyching in Sport. Annual Meeting, NJAAHPERD, 3/06/05.
- '03 Blonna R. (2003) Using Small Group Instruction to teach online. Presented at the Annual National Meeting of the American Public Health Association. Philadelphia PA (11/12/03).
- '03 Blonna R. Teaching Health Online; A three hour workshop for

faculty. Presented at the Annual National Meeting of the Society For Public Health Education. Philadelphia PA. (11/11/2003)

- '96 Blonna, R. (1996).The Effects of Faith, Spirituality & Religiosity on Coping With Stress. Research paper presented at the 71st. Annual Convention of The Eastern District of the American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD). Stamford, CT. 3/21/96
- '95 Blonna, R. (1995).A Pyramid of Risk for STD/HIV. Paper presented at the 70th. Annual Eastern District AAHPERD Conference. Springfield, Mass. 3/4/95
- '93 Blonna, R. (1993). Stress Management Classroom Strategies K-12 Annual Meeting of the New Jersey Education Association. Atlantic City, NJ. 11/4/93
- '88 Blonna, R. (1988). Using Socio-Marketing to Increase Awareness of Family Planning Services. 16th. Annual Meeting of the National Family Planning & Reproductive Health Association. Washington, DC. 3/2/88
- '87 Blonna, R. (1987). Using Public Service Advertising to Increase Awareness of Family Planning Services. 115th. Annual Meeting of the American Public Health Association. New Orleans, LA. 10/22/87
- '86 Blonna, R. (1986). Increasing Male Involvement in Family Planning. Keynote speaker at New Jersey State Health Department Annual Meeting. Atlantic City, NJ. 9/19/86.

Scholarly Achievements (Invited Lectures)

- '08 Blonna R (2008). Healthy Sex Concerns. Berkeley College, West Paterson NJ.
- '06 Blonna R (2006). Seven Weeks to Conquering Your Stress. Paper Presented at Hillsborough Public Library, Hillsborough NJ 11/06.
- '95 Blonna, R. (1995).Conducting Focus Group Research. Paper presented for the Somerset/Hunterdon County AIDS Consortium. Flemington, NJ. 8/3/95
- '95 Blonna, R. (1995).Conducting HIV Focus Groups. Paper Presented for the New Jersey State Department of Health. Trenton, NJ. 3/23/95
- '91 Blonna, R. (1991).Health Education Update. Paper Presented at statewide NJ SOPHE meeting. Montclair, NJ. 12/11/91.
- '91 Blonna, R. (1991).Getting Your First Job in Public Health. Lecture Presented to New Jersey SOPHE. New Brunswick, NJ. 3/22/91

- '90 Blonna, R. (1990).Men's Sexuality; Implications for Health Education. 41st Annual Meeting. Society for Public Health Education. New York City, NY. 10/5/90
- '89 Blonna, R. (1989).Socio-Marketing in Community Health. Paper presented at annual NJ SOPHE Meeting. Montclair, NJ. 6/8/89
- '89 Blonna, R. (1989).STD Risk Assessment. Lecture presented at the Newark STD Training Center. Newark, NJ. 5/1/89
- '89 Blonna, R. (1989).AIDS Epidemiology. Paper presented to the NJ Family Life Education Network. Newark, NJ. 3/16/89
- '88 Blonna, R. (1988).Sexuality & STD Risk. Lecture presented at the Newark STD Training Center. Newark, NJ. 12/5/88.
- '88 Blonna, R. (1988).STD Epidemiology Update. Paper presented to the Robert Wood Johnson Medical School staff. New Brunswick, NJ. 11/21/88.
- '88 Blonna, R. (1988). Sexuality & STD Risk. Lecture presented at the Newark STD Training Center. Newark, NJ. 11/18/88
- '88 Blonna, R. (1988).STD Patient Counseling. Lecture presented at the Newark STD Training Center. Newark, NJ. 10/18/88.
- '88 Blonna, R. (1988).AIDS Epidemiology. Paper presented to the New Jersey Family Life Education Network, Sewell, NJ. 9/29/88.
- '88 Blonna, R. (1988).AIDS Epidemiology. Paper presented to the New Jersey Family Life Education Network, Newark, NJ. 7/7/88
- '88 Blonna, R. (1988).AIDS Epidemiology. Paper presented to the New Jersey Family Life Education Network, Newark, NJ. 5/5/88
- '88 Blonna, R. (1988).Sex, Drugs & AIDS. Lecture presented at the statewide Drug-free Schools Conference. So. Orange, NJ. 4/27/88.
- '88 Blonna, R. (1988). Eroticizing Condom Use & Safer Sex. Workshop presented at Rutgers University Safe Sex Week. New Brunswick, NJ. 4/13/88.
- '88 Blonna, R. (1988).Stress Management for Human Service Workers. Lecture presented for the New Jersey Division of Youth & Family Services. Paterson, NJ. 2/29/88.
- '87 Blonna, R. (1987).STD/AIDS Prevention. Paper presented to students at Rutgers University. Newark, NJ. 10/28/87.

- '87 Blonna, R. (1987).Credentialing & You. Paper presented at NJ SOPHE Statewide meeting. Princeton, NJ. 10/23/87.
- '87 Blonna, R. (1987).Human Sexuality & STD Risk. Lecture presented at the Newark STD Training Center. Newark, NJ. 10/20/87.
- '87 Blonna, R. (1987).STD/HIV Prevention. Workshop presented at the Somerset County Youth Shelter. Bridgewater, NJ. 10/6/87.
- '87 Blonna, R. (1987).AIDS Prevention. Lecture presented to the Board of Trustees for the Somerset Family Planning Services. Somerville, NJ. 9/8/87.
- '87 Blonna, R. (1987).Human Sexuality & STD Risk. Lecture presented at the Newark STD Training Center, Newark, NJ. 8/21/87.
- '87 Blonna, R. (1987).STD/AIDS Prevention. Workshop on STD/HIV prevention for central Jersey public school teachers. Parlin, NJ. 8/18/87.
- '87 Blonna, R. (1987).Condoms & Safe Sex. Workshop presented at Close Encounters of the Sexual Kind; Safe Sex Week. Rutgers University. New Brunswick, NJ. 4/17/87
- '87 Blonna, R. (1986).Human Sexuality & STD Risk. Paper presented at the Newark STD Training Center. Newark, NJ 10/24/86.
- '86 Blonna, R. (1986).Maximizing Compliance with Family Planning. Workshop presented to family planning educators from the Northeastern United States of America. Mt. Snow, VT.9/25-9/26/86.

Professional Development

- 07/12 10th World Conference of the Association for Contextual and Behavioral Science. Washington, DC.
- 08/12 Thirty Thousand Days; The Time of Your Life. 1st World Meeting of the ToDo Institute. Burlington, VT.
- 06/10 ACT VI; 6th Annual Summer Symposium for the Association for Contextual and Behavioral Psychology (ACBS). Reno, Nevada.
- 06/09 NJ SOPHE Mid-Year Meeting. Bridgewater , NJ.
- 05/09 National SOPHE Mid-Year Meeting. New Orleans LA
- 03/09 American Counseling Association Annual Meeting. Charlotte NC
- 10/08 Certified Professional Coach (CPC) Certification Training. GROW

- Training Institute, San Diego California.
- 07/08 Certified Hypnotherapist Certification Training. PeachTree Associates, Atlanta Georgia.
- 05/08 ACT IV; 4th Annual Summer Symposium for the Association for Contextual and behavioral Psychology (ACBS). Chicago, Illinois.
- 05/08 NJ SOPHE Mid-Year Meeting. Bridgewater , NJ.
- 03/08 American Counseling Association Annual meeting, Honolulu, Hawaii.
- 01/08 Acceptance & Commitment Therapy (ACT) Training. Togus VA Hospital, Maine (at –a-distance)
- 12/07 NJ SOPHE Annual Meeting. William Paterson University, Wayne NJ
- 03/06 Distance Counseling Credential Training. NBCC/ReadyMinds Associates. Worcester Mass.
- 04/05 54th Mid-Year Scientific Meeting, Society for Public Health Education, Boston, MA.
- 11/04 54th Annual Meeting, Society for Public Health Education, Washington, DC
- 11/04 Constructive Living Online Course. ToDo Institute; Monkton Vermont
Month-long Constructive Living Japanese Psychotherapy Workshop.
- 10/04 BlackBoard Institute. Five Week Online BlackBoard Course. William Paterson University.
- 04/03 77th. Annual Meeting, American Association of Health, Physical Education, Recreation & Dance, Philadelphia, PA
- 10/02 53rd Annual Meeting, Society for Public Health Education, Philadelphia, PA
- 10/02 130th Annual Meeting, American Public Health Association, Philadelphia, PA
- 12/01 Annual Meeting, American Federation of Teachers; Information technology Conference, Washington, DC.
- 11/00 128th Annual Meeting, American Public Health Association, Boston, Mass
- 11/00 51st. Annual Meeting, Society for Public Health Education, Boston, Mass.
- 03/99 WebMaster Training, WPU IRT Department

- 11/98 126th Annual Meeting, American Public Health Association, Washington, DC
- 11/98 49th Annual Meeting, Society for Public Health Education, Washington, DC
- 03/97 71st Annual Meeting, Eastern District, American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). Burlington, VT.
- 11/96 124th Annual Meeting, American Public Health Association (APHA), New York, NY.
- 03/96 70th. Annual Meeting, Eastern District, American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). Stamford CT.
- 03/95 69th. Annual Meeting AAHPERD. Springfield Mass.
- 11/94 National Meeting, American Public Health Association, Washington, DC
- 04/93 67th. Annual Meeting. AAHPERD. Washington, DC.
- 11/92 43rd. Annual Meeting. SOPHE. Washington, DC.
- 11/92 120th. Annual Meeting, APHA. Washington, DC .
- 10/90 118th. Annual Meeting, APHA. Chicago, Ill..
- 11/87 115th. Annual Meeting, APHA. New Orleans, La.