
CYNTHIA GOOD MOJAB

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EDUCATION AND CREDENTIALS

Certified in Acute Traumatic Stress Management (CATSM), 2005
International Board Certified Lactation Consultant (IBCLC), 2002
Registered Lactation Consultant (RLC), 2002
La Leche League Leader (accredited volunteer breastfeeding counselor), 1998
MS Clinical Psychology, Illinois State University, 1996
BS Electrical Engineering, University of Illinois, 1989

PROFESSIONAL EXPERIENCE

Clinical Counselor and Lactation Consultant. Provide a blend of counseling and lactation consulting services to women and their health care providers. Areas of focus include lactational psychology, maternal mental health, and consultation and training for health care providers. *LifeCircle Counseling and Consulting, LLC, Hillsboro, Oregon, since 2005.*

Private Researcher, Author, and Educator. Conduct research and give presentations on issues related to psychology, culture, and the family—particularly the area of breastfeeding. Authored numerous publications (see publication list). Designed and taught multimedia breastfeeding classes and facilitated breastfeeding support group. *Tuality Health Education Center, Tuality Healthcare, Hillsboro, Oregon, January to April 2005.* Created and manage Ammawell website providing information and support for breastfeeding. *Hillsboro, Oregon, since 1998.* Answer questions about breastfeeding as member of *Mothering* magazine's website's Expert Panel. *Hillsboro, Oregon, 2003.*

Research Associate and Editorial Reviewer. Conduct research and write for the Publications Department of La Leche League International. Breastfeeding related topics include advocacy, vitamin D supplementation in the breastfed infant, culture, congenital disorders, visual impairment, galactagogues, etc. *Hillsboro, Oregon, since 2000.* Member of the LLLI Editorial Review Team for the revision of *The Breastfeeding Answer Book* (La Leche League International, 3rd edition, 2002). Review and edit other publications for La Leche League International. *Hillsboro, Oregon, since 1998.*

Breastfeeding Support Group Leader. Co-managed and facilitated multi-cultural, community-based support group. Provided group, individual, and telephone counseling: premature and full-term newborns; congenital disorders in nurslings; differently-abled mothers (e.g., deaf, visually impaired); maternal medications; “stay-at-home,” employed, and student mothers; mothers with mental health issues (e.g., postpartum depression, childhood abuse); exclusive and partial breastfeeding; adoptive breastfeeding; breastfeeding past the cultural norm; legal issues; etc. Trained women working toward becoming accredited La Leche League Leaders. Supervised group workers. *La Leche League of Beaverton, Beaverton, Oregon, since 1998 (current status: Leader Reserve).*

Clinician. Conducted solution-focused, brief, and systems-oriented therapy with individuals and families in outpatient facilities and in private practice. Clients included children and adults from a variety of socioeconomic and cultural backgrounds. Services included evaluation, reporting and service coordination. *Career and Counseling Services, Illinois State University, Normal, IL; Chestnut Family Counseling Center, Bloomington, IL; Psychological & Counseling Centre, Champaign, IL 1995 to 1997.*

College Faculty. Taught statistics and psychology to undergraduate students. Responsibilities included lecturing, assessment and evaluation. *Parkland College, Champaign, IL, 1996.*

Lecturer/Facilitator. Lectured on culture for 100- and 300-level social psychology courses; presentations included both didactic and experiential components. Facilitated group discussions on intercultural relationships for the Association of Latin American Students, including differences in cultural dimensions, attitudes, values, and behaviors, and ways of coping with differences, acculturation, racism, and ethnocentrism. *Illinois State University, Normal, IL, 1996.* Guest lectured on breastfeeding for human sexuality course. *Portland Community College, Beaverton, OR, 2002.*

Supervisor of Supplemental Instruction Program and University Center for Learning Assistance. Trained and supervised study-group leaders according to a specialized academic support model, which emphasizes the generalization of skills outside study sessions and course content. Created and conducted interactive study skills workshops. Facilitated a 16-week study group. Collected, managed, analyzed, reported, and presented program evaluation data. *Illinois State University, Normal, IL, 1993 to 1995.*

Educational Consultant. Owned and operated small business. Designed and conducted individualized programs of instruction and study skills workshops. Worked with adult learners and clients with ADHD and/or learning disabilities. *ONE ON ONE, Champaign, IL, 1991 to 1996.*

RESEARCH EXPERIENCE

Breastfeeding. Conduct research investigating the role of culture in breastfeeding, congenital disorders, mothers' expectations, and birth experiences. Designed surveys with Likert-scale, closed- and open-ended questions. Conducted extensive literature reviews on breastfeeding related topics such as culture, vitamin D supplementation in breastfed infants, infant feeding rhetoric, etc. *Hillsboro, Oregon, since 1998.*

Culture and Coping. Conducted research on the relationship between individualism-collectivism and coping style among three cultures: Anglo-American, Mexican, and Iranian. Utilized process of back-translation with decentering to develop materials in 3 languages. Hired, trained, and supervised 6 research assistants from 3 cultures. Worked with cross-cultural collaborators to develop culturally-sensitive materials and procedures. Used SPSS to analyze data. *Illinois State University, Normal, IL, 1994 to 1996.*

Supplemental Instruction and Affect. Collaborated in all stages of research investigating the relationship between participation in the Supplemental Instruction program and affective factors (e.g., self-efficacy and locus of control), racial/cultural heritage, and gender. Used SPSS to analyze data. Supervised research assistants. *University Center for Learning Assistance, Illinois State University, Normal, IL, 1993 to 1995.*

Satisfaction/Dissatisfaction with Immigration. Investigated factors related to overall satisfaction and dissatisfaction with immigration among Iranians living in the U.S., including personality factors, demographics, acculturation, and satisfaction and preferences in particular areas of life in the U.S. relative to life in Iran. Used SPSS to analyze data. *Illinois State University, Normal, IL, Spring 1993.*

Engineering Research. Co-conducted international research project investigating effective pavement repair in four climatic regions; designed and managed 70 megabyte database. Used SAS to analyze data. Published training program, final report, and manual of practice. Edited research publications on a variety of projects. *ERES Consultant's, Inc., Savoy, IL, 1990 to 1993.* Designed and conducted experiments using non-invasive imaging method; wrote user documentation for research systems; managed and analyzed data. *Bioacoustics Research Laboratory, University of Illinois, Urbana, IL, 1988 to 1990.*

FOREIGN LANGUAGES

Fluent in Farsi (Persian). Some facility in Spanish and German.

PROFESSIONAL MEMBERSHIPS AND AFFILIATIONS

Member of the International Lactation Association's Speakers Directory
Member of the National Center for Crisis Management's Premier Speakers Bureau
Member of the International Lactation Consultant Association
Member of the United States Lactation Consultant Association
Member of the Oregon Washington Lactation Association
Member of the Portland Breastfeeding Coalition
Member of the Breastfeeding Coalition of Oregon
Member of the International Cesarean Awareness Network
Member of Postpartum Support International
Member of the Pregnancy Loss and Infant Death Alliance
Member of La Leche League International
Member of the Northwest Association of Adoptive Families
Member of the American Academy of Experts on Traumatic Stress
Affiliate of the Alliance for Transforming the Lives of Children
Endorser of the Mother-Friendly Childbirth Initiative

AWARDS

American Psychological Foundation Graduate Research Scholarship in Psychology · Illinois State University Graduate Student Association Research Grant (twice) · Illinois State University Professional Advancement Award · Illinois State University Graduate Research Symposium Award · Psi Chi National Honor Society in Psychology · Phi Theta Kappa National Academic Honorary Fraternity Scholarship (twice) · Texas A&M University College of Engineering Academic Scholarship (twice) · University of Illinois Engineering Open House Award · Illinois State Scholar · James Scholar · Young American Award

SELECTED PUBLICATIONS

Good Mojab, C. The impact of traumatic childbirth on health through the undermining of breastfeeding. In V. Banyard, V. Edwards, and K. Kendall-Tackett (Eds.) *Integrating Trauma Practice into Primary Care*. Binghamton, NY: The Haworth Press (in press).

Good Mojab, C. Congenital torticollis in the nursling. *Journal of Human Lactation* (in press).

Good Mojab, C. *Mental Health Care for Breastfeeding Mothers with Postpartum Depression*. Hillsboro, OR: LifeCircle Counseling and Consulting, LLC 2006.

Good Mojab, C. *Breastfeeding and the Challenge of Cultural Change*. Hillsboro, OR: LifeCircle Counseling and Consulting, LLC 2006.

Good Mojab, C. *Coping with Maternal Stress and Depression*. Hillsboro, OR: LifeCircle Counseling and Consulting, LLC 2006.

Good Mojab, C. *When Birth is Traumatic*. Hillsboro, OR: LifeCircle Counseling and Consulting, LLC 2006.

Good Mojab, C. Regarding the emerging field of lactational psychology. *Journal of Human Lactation* 2006; 22(1): 13-14.

Good Mojab, C. Sunlight deficiency: Helping breastfeeding mothers find the facts. *Leaven* 2003; 39(4):75-79.

- Good Mojab, C. *Testimony in support of Oregon Senate Bill 783: Relating to breastfeeding in the workplace*. Oregon Senate General Government Committee Hearing, Salem, Oregon. March 31, 2003.
- Good Mojab, C. Sunlight deficiency: A review of the literature. *Mothering* 2003; 117:52-55; 57-63.
- Good Mojab, C. *Sunlight Deficiency, "Vitamin D," and Breastfeeding*. Media Release. La Leche League International April 17, 2003.
- Good Mojab, C. *Frequently asked questions about vitamin D, sunlight, and breastfeeding*. Ammawell website 2003; see: <http://home.comcast.net/~ammawell/vitaminD.html>
- Good Mojab, C. Sunlight deficiency and breastfeeding. *Breastfeeding Abstracts* 2002; 22(1):3-4.
- Good Mojab, C. The real breastfeeding issue goes far beyond mere guilt. *The Oregonian*. Thursday, July 25, 2002.
- Good Mojab, C. Galactagogue basics for La Leche League Leaders. *Patchwork Pages: The Voice of Oregon Leaders* Spring 2002, pp. 2-3.
- Good Mojab, C. Congenital disorders in the nursling. Unit 5. *Lactation Consultant Series II*. Schaumburg, IL: La Leche League International 2002.
- Good Mojab, C. In the balance. *New Beginnings* 2002; 19(1):31-32.
- Good Mojab, C. Helping mothers create breastfeeding allies. *Leaven* 2001/2002; 37(6): 123-127.
- Michels, D. and Good Mojab, C., with Bar-Yam, N. *Breastfeeding at a Glance: Facts, Figures and Trivia about Lactation*. Washington, DC: Platyus Media 2001.
- Good Mojab, C. Breastfeeding resource list. In D. Michels (ed.). *Breastfeeding Annual International 2001*. Washington, DC: Platyus Media, 2001.
- Good Mojab, C. The cultural art of breastfeeding. *Leaven* 2000; 36(5):87-91.
- Good Mojab, C. Congenital disorders: Implications for breastfeeding. *Leaven* 1999/2000; 35(6):123-128.
- Good Mojab, C. Relearning the lost art of breastfeeding: Obstacles and resources for Iranian and American women. *Andisheh* 1999; 1(10):4-6.
- Good Mojab, C. Helping the blind or visually impaired mother breastfeed. *Leaven* 1999; 35(3):51-56.

SELECTED PRESENTATIONS

- Postpartum Depression: The Most Common Complication of Birth*. La Leche League of Oregon's Breastfeeding and Parenting Conference 2006, "Celebrating Support for Breastfeeding Families: La Leche League is 50." Eugene, Oregon, USA. November 11, 2006.
- Pioneer Mothering*. La Leche League of Oregon's Breastfeeding and Parenting Conference 2006, "Celebrating Support for Breastfeeding Families and Health Care Providers: La Leche League is 50." Eugene, Oregon, USA. November 11, 2006.
- The Hot Topic of Infant Feeding Rhetoric: Risks or Benefits?* La Leche League of Oregon's Breastfeeding and Parenting Conference 2006, "Celebrating Support for Breastfeeding Families: La Leche League is 50." Eugene, Oregon, USA. November 12, 2006.
- Pioneer Mothering*. Mothering magazine Live Internet Chat. October 26, 2006
- Coping with Congenital Disorders and Chronic Health Issues in Children*. Mothering magazine Live Internet Chat. September 28, 2006.
- Recovering from a Difficult or Traumatic birth*. Mothering magazine Live Internet Chat. August 23, 2006.
- Grieving Perinatal Losses*. Mothering magazine Live Internet Chat. June 29, 2006.
- Grieving Breastfeeding Losses*. Mothering magazine Live Internet Chat. May 25, 2006.
- Maternal Stress and Depression*. Mothering magazine Live Internet Chat. April 27, 2006.
- The Hardest Job You'll Ever Love: Myths and Facts about Maternal Depression*. Full House Moms and Dads Member Meeting. Portland, Oregon, USA, February 9, 2006.
- Shades of Gray: Ethics, Culture and Breastfeeding*. 2005 Oregon La Leche League Area Conference on Breastfeeding and Parenting for Families and Health Care Providers, "Breastfeeding and Parenting Wisdom: Who is the Expert?" Portland, Oregon, USA, October 9, 2005.

Breastfeeding Basics: Becoming a Breastfeeding Family. Tuality Healthcare Community Education Classes. Hillsboro, Oregon, USA. Several times in 2005.

From Barriers to Bridges: Culture and Breastfeeding. Western Kentucky Breastfeeding Coalition 2005 Conference, "Raising Awareness: Current Issues in Lactation." Bowling Green, Kentucky, USA. August 26, 2005.

The Women Behind the Breasts: The Context of Infant Feeding Issues. Western Kentucky Breastfeeding Coalition 2005 Conference, "Raising Awareness: Current Issues in Lactation." Bowling Green, Kentucky, USA. August 26, 2005.

Infant Feeding Rhetoric: Why Words Matter. Western Kentucky Breastfeeding Coalition 2005 Conference, "Raising Awareness: Current Issues in Lactation." Bowling Green, Kentucky, USA. August 26, 2005.

Helping Mothers Create Breastfeeding Allies. Western Kentucky Breastfeeding Coalition 2005 Conference, "Raising Awareness: Current Issues in Lactation." Bowling Green, Kentucky, USA. August 26, 2005.

Sunlight Deficiency, Vitamin D, and the Breastfed Baby: Helping Mothers Make Informed Decisions. Texas WIC 2004 Nutrition and Breastfeeding Conference, "Creating Change Through Communication." Austin, Texas, USA. April 21, 2004.

From Barriers to Bridges: Culture and Breastfeeding. Texas WIC 2004 Nutrition and Breastfeeding Conference, "Creating Change Through Communication." Austin, Texas, USA. April 21, 2004.

Sunlight Deficiency, Vitamin D, and the Breastfed Baby: Helping Mothers Make Informed Decisions. La Leche League of Oregon's conference for health care professionals and families, "Breastfeeding: Fulfilling the Dream of a Healthier Tomorrow." Eugene, Oregon, USA. March 19, 2004.

From Barriers to Bridges: Culture and Breastfeeding. La Leche League of Oregon's conference for health care professionals and families, "Breastfeeding: Fulfilling the Dream of a Healthier Tomorrow." Eugene, Oregon, USA. March 19, 2004.

From Barriers to Bridges: Breastfeeding and Culture. La Leche League of Washington's Breastfeeding Symposium, "Babies & Breasts-Challenges in Changing Times," a continuing education program for health care professionals. Kirkland, Washington. November 7, 2003.

Sunlight Deficiency, Vitamin D, and the Breastfed Baby: Helping Mothers Make Informed Decisions. La Leche League of Washington's Breastfeeding Symposium, "Babies & Breasts-Challenges in Changing Times," a continuing education program for health care professionals. Kirkland, Washington, USA. November 7, 2003.

Breastfeeding and Culture. La Leche League of Oregon Area Conference: "Breastfeeding: A Foundation for Life," Salem, Oregon, USA. October 19, 2002.

Lactancia: Mamás Sanas, Bebés Sanos. Washington County WIC Breastfeeding Open House. Beaverton, Oregon, USA. August 23, 2002.

Breastfeeding: Healthy Mothers, Health Babies. Washington County WIC Breastfeeding Open House. Hillsboro, Oregon, USA. August 21, 2002.

Common Uses of Common Galactagogues. Washington County, Oregon LLL Chapter Workshop, Hillsboro, Oregon, USA. March 8, 2002.

Breastfeeding at a Glance. Portland Community College, Beaverton, Oregon, USA. February 11, 2002.

Breastfeeding Support as Social Action. Unitarian Universalist Church of Washington County. Hillsboro, Oregon, USA. May 24, 2000.

EXPERT TESTIMONY

Testimony in Support of Oregon Senate Bill 618: Relating to Breastfeeding in the Workplace. Oregon Senate Health Policy Committee Hearing, Salem, Oregon, USA. March 31, 2005.

Testimony in Support of Oregon Senate Bill 783: Relating to Breastfeeding in the Workplace. Oregon Senate General Government Committee Hearing, Salem, Oregon, USA. March 31, 2003.