

Yumi Shirai

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Education

- Ph.D. May. 2011 Family Studies and Human Development
Minor in Gerontology
The University of Arizona, Tucson
Dissertation:
Impact of Care-Recipient Resistance during Care Provision on Caregiver
Emotional/Physical Well-Being: A Sequential Mixed Method Design with
Between- and Within-Person Analyses and Semi-Structured Interviews.
Adviser: Dr. Susan Silverberg Koerner
- M.S. 2006 Family Studies and Human Development
The University of Arizona, Tucson
Master's Thesis:
Reaping Caregiving Benefits/Gains: Caregiving Mastery as a Mediator
Adviser: Dr. Susan Silverberg Koerner
- M.A. 1999 Dance
Emphasis: Dance/Movement Therapy
The University of Arizona, Tucson
Graduate Project:
Dance/Movement Therapy with an Autistic Adult: A Case Study
Adviser: Dr. Suzanne Knosp
- B.A. 1995 Fine Art, Dance Department
Minor in Education in Japanese
Nihon University, Tokyo, Japan
Graduate Thesis:
Rudolf Steiner's Perception of Art
Adviser: Emi Hatano

Professional Work Experience

- 2011-present **Director/Instructor**
 Artworks: Sonoran University Center for Excellence in Developmental Disabilities (UCEDD), Family & Community Medicine, University of Arizona, Tucson
- 2000-2008 **Instructional Specialist, Senior,**
 Artworks: Sonoran UCEDD, Family & Community Medicine, University of Arizona, Tucson

Research Experience

- Fall 11 - present **Principal Investigator**, Flying Together Beyond Loss: A Group Grieving Support for Adults with Developmental Disabilities with Aerial and Creative Movement.
 Sonoran UCEDD, University of Arizona
- Fall 04 - present **Research Assistant/Associate**, Daily Understanding of Caregiving Study (DUCS), University of Arizona
 Investigator: Dr. Susan Silverberg Koerner
- Spring 07 - Fall 09 **Research Associate**, Sonoran UCEDD: Aging and Transitions Project, University of Arizona
 Investigator: Dr. Lynne Tomasa
- Fall 05 - Spring 07 **Research Assistant**, Satisfaction and Marital Equality (SAME) Project, University of Arizona
 Investigator: Dr. Donna Hendrickson Christensen

Publications

[Refereed Journal Publications]

- Shirai, Y.**, Koerner, S. S., & Kenyon, D. B. (under review). Care-recipient Resistance: What Matters to Family Caregiver Emotional and Physical Well-Being – Frequency vs. Unpredictability? *Journal of Aging Research*.
- Koerner, S. S., **Shirai, Y.**, & Pedroza, R. (2013). Role of religious/spiritual beliefs and practices among Latino family caregivers of Mexican descent. *Journal of Latina/o Psychology, 1*(2), 95-111.
- Koerner, S. S., & **Shirai, Y.** (2012). The negative impact of global perceptions of and daily care-related family conflict on Hispanic caregivers: Familism as a potential moderator. *Aging and Mental Health, 16*(4), 486-499.

Koerner, S. S., **Shirai, Y.**, & Kenyon, D. B. (2010). Socio-contextual circumstances in daily stress reactivity among caregivers for elder relatives. *Journal of Gerontology, B65(5)*, 542-550.

Shirai, Y., Koerner, S. S., & Kenyon, D. B. (2009). Reaping caregiving feeling of gains: The roles of socio-emotional support and mastery. *Aging & Mental Health, 13 (1)*, 106-117.

Koerner, S. S., Kenyon, D. B., & **Shirai, Y.** (2009). Caregiving for elder relatives: Which caregivers experience personal benefits/gains? *Archives of Geriatrics and Gerontology, 48 (2)*, 238-245.

[Manuscripts in progress]

Koerner, S. S., **Shirai, Y.**, Curry, G., Ackley, J., Hanchar, M., Skoyen, J., Pines, H., & Funsch, E. (in preparation). *Latino family caregivers' reactions to limited help from relatives: From frustration to resilience.*

Koerner, S. S., & **Shirai, Y.** (in preparation). *Family disagreement as a stress exacerbator for Hispanic and non-Hispanic White caregivers.*

Honors/Grants

[External Awards]

- 2007-2008 · AARP Diversity and Aging Conference Fellowship
- 2005-2006 · Selected as Final 15 for Emerging Scholar and Professional Organization Poster Award at the Gerontological Society of America Annual Conference

[Internal Awards]

- 2005-2010 · Travel Stipends: Graduate & Professional Student Council/FSHD Department, University of Arizona
- FSHD Graduate Scholarship, University of Arizona
- 2007-2009 · Trainee: Sonoran UCEDD: Travel and Training Stipends, University of Arizona
- 2006-2007 · Second Place in Social Sciences and Law Section, University of Arizona Show Case
- 1998 · Medici Scholarship, School Dance and Music, University of Arizona

Service

- 2012-present Reviewer for **Psychology of Women Quarterly**
- 2008-present **Co-chair** of the Life-Long Disabilities of Gerontological Society of America Special Interest Group
- 2008-present **Reviewer** for annual meetings of Gerontological Society of America
- 2011-2012 **Reviewer** for Journal of Gerontology: Psychological Sciences
- 2004-2011 **Member/Vice President**, Family Studies Student Round Table

Media

- October 2011 Arizona Public Media (October, 2011). *For Developmentally Disabled, ArtWorks Offers Avenue for Exploration*,
<http://ondemand.azpm.org/videosshorts/watch/2011/10/12/1830-for-developmentally-disabled-artworks-offers-avenue-for-exploration/> .
- August 2011 Arizona Public Media (August, 2011). *Building Bridge Through ArtWorks*,
<http://www.azpm.org/arts-and-life/story/2011/8/4/60-building-bridges-through-artworks/> .
- June 2011 **Featured in Department Newsletter:** Family & Community Medicine, University of Arizona, Tucson

Teaching Experience

- 2011- present **Certified Instructor for Article 9: Positive Behavioral Support**
Department of Economic Security, Division of Developmental Disabilities, Arizona
- 2011- present **Instructor**, Artworks: Sonoran UCEDD, Family & Community Medicine, University of Arizona, Tucson
- 2007- present **Research Supervisor/Trainer**, Daily Understanding of Caregiving Study (DUCS), University of Arizona
Investigator: Dr. Susan Silverberg Koerner
- Spring 10 **Guest Lecturer**, The University of Arizona
Issues in Aging "Older Parents Caring for Adult Children With Developmental Disabilities"

- Guest Lecturer**, The University of Arizona
Sonoran UCEDD Trainee Session "Applying Fine Art as a Structure for Adults with Developmental Disabilities"
- Fall 05 **Teaching Assistant**, The University of Arizona
Introduction to Close Relationships
Hold office hours, grade papers, and maintain grade database, and assist in the construction of study guides and exams.
- December 2005 **Guest Lecturer**, The University of Arizona
Introduction to Close Relationships "Dating in Old Age"
- Summer 07 – fall 08 **Graduate Assistant**, The University of Arizona
Developing a online gerontology course on underserved aging individuals
Instructor: Dr. Lynne Tomasa
Assist in developing a syllabus and class projects, and collecting reading materials.
- October 2004 **Guest Lecturer**, The University of Arizona
OLLI (Osher Lifelong Learning Institute), Extended University
Arts in Healing "Therapeutic Power of Dance"
- April 2001 **Guest Lecturer**, The University of Arizona
Intermediate Modern Dance "Modern Dance Technique"
Technique Class for Improvisation Class "Improvisation and Imagery"
Art Therapy Technique "Therapeutic Use of Movement"
- 1999 - 2000 **Dance/Movement Therapy Intern/Residence Assistant**
Heather Hill Hospital Corinne Doran Alzheimer's Center
Chardon, OH.
- 1998 - 99 **Dance/Movement Instructor for adults with developmental disabilities**
Artworks, Family & Community Medicine, The University of Arizona

Peer Reviewed Presentations

- Koerner, S. S., **Shirai, Y.**, Curry, G., Ackley, J., Hanchar, M., Skoyen, J., Pines, H., & Funsch, E. (2013, November). *Latino family caregivers' reactions to limited help from relatives: From frustration to resilience*. Paper submitted for presentation at the annual meetings of the Gerontological Society of America, New Orleans, LA.
- Shirai, Y.**, Koerner, S.S., & Tomasa, L. (2012, November). *Grieving Support Group with Creative-Aerial Movement for Adults with Developmental Disabilities*. Paper presented at the 2012 annual meetings of the Gerontological Society of America, San Diego, CA.

- Koerner, S. S., **Shirai, Y.**, & Pedroza, R. (2012, November). *Family Disagreement as a Stress Exacerbator for Hispanic and Non-Hispanic White Caregivers*. Paper presented at the 2012 annual meetings of the Gerontological Society of America, San Diego, CA.
- Shirai, Y.**, Koerner, S.S., & Tomasa, L. (2011, November). *Flying Together Beyond Loss: Grieving Support for Adults with Developmental Disabilities via Aerial and Movement Art*. Poster presented to the 2011 annual meetings of the Association of University Centers on Disabilities, Washington. DC.
- Shirai, Y.** & Koerner, S. S. (2011, November). *Care-Recipient Resistance: What Matters to Family Caregiver Emotional and Physical Well-Being ? Frequency vs. Unpredictability?* Paper presented to the 2011 annual meetings of the Gerontological Society of America, Boston, MA.
- Koerner, S. S., **Shirai, Y.**, & Pedroza, R. (2011, November). *Family Conflict and Disagreement Experienced by Hispanic Family Caregivers: A Thematic Analysis*. Poster presentation presented to the 2011 annual meetings of the Gerontological Society of America, Boston, MA.
- Shirai, Y.** & Koerner, S. S. (2010, November). *How did I Survive a Long-time Family Caregiving Career? Strategies for Handling Care-recipient Resistance during Care Provision*. Paper presented to the 2010 annual meetings of the Gerontological Society of America, New Orleans, LA.
- Koerner, S. S., **Shirai, Y.**, & Pedroza, R. (2010, November). *The Role of Spirituality and Religious Practices Among Hispanic Informal Caregivers: A Qualitative Approach*. Poster presentation presented to the 2010 annual meetings of the Gerontological Society of America, New Orleans, LA.
- Koerner, S. S., **Shirai, Y.**, & Pedroza, R. (2010, November). *Can Familism Exacerbate the Negative Impact of Family Conflict on Hispanic Informal Caregivers? A Daily Diary Perspective*. Paper presented at the 2010 annual meetings of the Gerontological Society of America, New Orleans, LA.
- Shirai, Y.**, Koerner, S. S., & Liu, Y. (2008, November). *Daily family caregiver emotional/physical stress reactivity to care-recipient resistance: Does community service utilization play a buffering role?* Poster presentation presented to the 2008 annual meetings of the Gerontological Society of America, National Harbor, MD.
- Shirai, Y.**, & Tomasa, L. (2008, November). *Aging caregivers and future care planning*. Paper presented to a symposium at the 2008 annual meetings of the Gerontological Society of America, National Harbor, MD.
- Tomasa, L. & **Shirai, Y.** (2008, November). *Support coordinators and the promotion of late life transitions*. Paper presented to a symposium at the 2008 annual meetings of the Gerontological Society of America, National Harbor, MD.
- Tomasa, L. & **Shirai, Y.** (2008, April). *Aging caregivers*. Paper presented at the 2008 Southern Arizona Conference on Disability Rights, Yuma, AZ.

Shirai, Y., Koerner, S. S., & Kenyon, D. B. (2007, November). *Family Caregivers' Emotional and Physical Reactivity in Response to Care-Recipient Resistance during ADL and IADL Assistance*. Poster presented at the 2007 annual meetings of the Gerontological Society of America, San Francisco, CA.

Tomasa, L., & **Shirai, Y.** (2007, November). *Aging Caregivers and Future Care Planning: Preliminary findings*. Poster presented at the 2007 annual meetings of the Association of University Centers on Disabilities, Washington D.C.

Shirai, Y., Koerner, S. S., & Kenyon, D. B. (2007, February). *Impact of resistance to caregiver well-being: Socio-emotional support and caregiving mastery as moderators*. Poster was invited to present at the 2007 Student Showcase, University of Arizona Pride Night, Phoenix, AZ.

Shirai, Y., Koerner, S. S., & Kenyon, D. B. (2006, November). *Impact of resistance to caregiver well-being: Socio-emotional support and caregiving mastery as moderators*. Poster presented at the 2006 annual meetings of the Gerontological Society of America, Dallas, TX.

Koerner, S. S., Kenyon, D. B., & **Shirai, Y.** (2006, November). *The moderating role of socio-contextual circumstances in daily stress reactivity among caregivers*. Poster presented at the 2006 annual meetings of the Gerontological Society of America, Dallas, TX.

Shirai, Y., Koerner, S. S., & Kenyon, D. B. (2005, November). *Understanding the link between social support and caregiving benefits/gains: Caregiving mastery as a mediator*. Poster presented at the annual meetings of the Gerontological Society of America, Orlando, FL.

Shirai, Y., Koerner, S. S., & Kenyon, D. B. (2005, November). *Understanding the link between social support and caregiving benefits/gains: Caregiving mastery as a mediator*. Poster presented at the Student Research Showcase of The University of Arizona, Tucson, AZ.

Kenyon, D. B., Koerner, S. S., & **Shirai, Y.** (2005, April). *Caregiving for elder relatives: Which caregivers experience personal benefits/gains?* Poster presented at the annual meetings of Western Psychological Association, Portland, OR.

Kenyon, D. B., **Shirai, Y.**, Retana, T. A., & Koerner, S. S. (2004, November). *Caregiving for elder relatives: Which caregivers experience personal benefits/gains?* Poster presented at the Student Research Showcase of The University of Arizona, Tucson, AZ.

Professional Affiliations

2007 - present	Association of University Centers on Disabilities
2004 - present	Gerontological Society of America
1998 - 2001	American Dance Therapy Association

Special Training

- December 2011 Certified Instructor for Article 9: Positive Behavioral Support
Department of Economic Security, Division of Developmentally Disabled
Tucson, AZ.
- Spring 07- Fall 09 Sonoran UCEDD Trainee, University of Arizona
- September 2004 Training for Certified Person Center Planning Facilitator
Division of Developmentally Disabled, State of Arizona
Tucson, AZ.
- 1999-2001 Dementia Care Mapping (basic and advanced) and Dementia Training
Heather Hill Hospital Chardon, Ohio
- Summer 1999 Child Developmental Study: Kestenberg Movement Profile
Instructor: Suzan Loman, ADTR (Certified Advanced Dance/Movement
Therapist)
Denver, CO.
- Dance/Movement Therapy for Special Kids
Instructor: Diana Duggan, ADTR
New York University, NYC, NY.
- 1998-99 Dance/Movement Therapy Intensive Courses
New York University, NYC, NY
The University of Arizona, Tucson, AZ.
Arizona State University, Phoenix, AZ.
Antioch Graduate School, Keen, NH.
- 1998 Art Therapy Technique/Symbolism in Art Therapy
Instructor: Dr. Jeanne Carrigan
The University of Arizona, Tucson, AZ.
- 1995 Certified High School Teacher
Nihon University, Tokyo, Japan.

Grants/Contracts

- 2012- (pending) UA Foundation Community Connection Grant (\$10,000):
Principle Investigator (.05 FTE)
Implementation of the Flying Together Beyond Loss project to the
community adults with developmental disabilities who lost a close family
member (goal n=20-30).

- 2011-present Bassford/Cohen/Shirai (PIs)
ArtWorks: Sonoran UCEDD, Department of Economic Security
Objective: Providing a day program service with fine arts/life skill instructions to adults with developmental disabilities.
Role: Director (.60 FTE)
- 2011-2017 Bassford/Cohen (PIs)
Sonoran UCEDD
The overall center focus is on aging among individuals with Developmental Disabilities and their caretakers.
Objective: Developing research projects for adults with developmental disabilities, obtaining funds, and developing community partnership; and train/supervise future professionals/university students.
Role: Principal Investigator for Flying Together Beyond Loss (.15 FTE)
- 2006-2008 Bassford/Cohen (PIs)
Sonoran UCEDD .
Objective: Aging and Transitions Project
Role: Research Associate (.125 FTE)

References

Dr. Susan Silverberg Koerner:
Fitch Nesbitt Professor
Director of Graduate Studies
Family Studies and Human Development
650 N Park Ave
Tucson, Arizona 85721-0078
(520) 621-1691
ssilver@ag.arizona.edu

Dr. Lynne Tomasa:
Assistant Clinical Professor
Sonoran UCEDD
Aging and Transition Project
Family and Community Medicine
Herbert K. Abrams Building
Room 205
Tucson, Arizona
(520)626-7823
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Leslie Cohen:
Director and Assistant Professor
Sonoran UCEDD
1521 E. Helen St.
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