

DEPARTMENT OF PSYCHIATRY

WELLNESS LEADERS



Liz Chamberlain, PhD
Faculty Wellness Leader



Emily Muther, PhD
PHMI Wellness Leader



Dana Kennedy, BA
Staff Wellness Leader



Shanna Trott, BA
Staff Wellness Leader



Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

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ABOUT US



Liz Chamberlain, PhD
Faculty Wellness Leader



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Dr. Liz Chamberlain is a Licensed Psychologist and Senior Instructor in the Department of Psychiatry, who also has worked at the CU Wellness Clinic in the CU Anschutz Health and Wellness Center since 2016. She earned her BA in English and Psychology from The University of Michigan in 1991, and graduated with her PhD in Counseling Psychology from The University of North Texas in 2003. Dr. Chamberlain's work in private practice, university counseling centers and community mental health/family therapy settings, demonstrates her passion for creating wellness across many dimensions of health and in multiple environments. She has focused her clinical work in mindfulness-based interventions (MBSR, MBCT, MSC) and has integrated these evidence-supported therapies and tools to help individuals, couples, and workshop participants learn new ways to see blind spots, navigate change, and construct new narratives. Dr. Chamberlain has developed evidence-supported mindfulness-based wellness programs and workshops at the Anschutz Health and Wellness Center for several departments across CU SOM, CU Denver, CHCO, SOM Alumni, and for the general public. In 2018, Dr. Chamberlain developed a program entitled Practical Mindfulness[®] for Helping Professionals: Finding Self-Compassion Everyday that launches the Center's Caring for the Frontline half-day of wellness. In her personal life, Dr. Chamberlain invests in her own wellness by laughing often with her 14-year-old daughter and her partner of 7 years, doing yoga, cooking, snowshoeing, skiing, hiking, and the occasional IKEA furniture build. Dr. Chamberlain brings excellence and dedication to her new role and we can't wait to see her elevate our department's wellness initiatives.

ABOUT US



Emily Muther, PhD

**Pediatric Mental Health Institute
Wellness Leader**



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Emily Muther, PhD is an Associate Professor of Psychiatry and Pediatrics and Director of Behavioral Health and psychologist in the cystic fibrosis (CF) Center/Breathing Institute at Children's Hospital Colorado (CHCO). Dr. Muther is a research investigator on several Cystic Fibrosis Foundation-funded studies and is heavily involved in the teaching and training of medical and psychology trainees. Dr. Muther has been involved in many wellness initiatives at CHCO, including as a member of the hospital's faculty wellbeing advisory committee and leader of the wellness committee in the Breathing Institute. She looks forward to partnering with Dr. Liz Chamberlain to extend the Department of Psychiatry's efforts to address wellbeing in the Child and Adolescent Division.

ABOUT US



Dana Kennedy, BA
Staff Wellness Leader



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Denver native Dana Kennedy earned her BA in Speech Communication with an emphasis in Broadcast Journalism and a minor in Theater at Metropolitan State University. Dana started her career in higher education in 2003 at the Community College of Denver, moved to the University of Colorado SOM in 2010, and has spent her career working with residency training programs for Plastics & Reconstructive Surgery, Internal Medicine and most recently as a Program Administrator in the combined Internal Medicine-Pediatrics residency program. Dana holds a C/TAGME Certification, has served as President of the GME PC Council, has been a member of APDIM and MPPDA National Program Coordinator Executive Committees and a past Board Member of Lincoln Hills Cares community youth program. Dana now serves as a Sr. Business Services Principal Professional with the Division of Child & Adolescent Mental Health. She lives in Colorado Springs and enjoys writing, traveling, and exploring all the hidden gems and great things Pikes Peak has to offer with her girls!

ABOUT US



Shanna Trott, BA
Staff Wellness Leader



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Shanna Trott received their bachelor's degree in psychology with a minor in African and African American studies from Stanford University in 2021. Shanna currently serves as an Academic Services Professional in the Office of Education and Training and is the Co - Director of the Psychiatry Undergraduate Research Program and Learning Experience (PURPLE). They bring nearly 3 years of experience fostering pathways for student success in the mental health field. Their role involves overseeing pathway programs, managing student employees, and providing essential support for training initiatives department wide. Additionally, Shanna serves as the Co-Chair of the Diversity, Equity, and Inclusion Education Subcommittee, and is a contributing member of the larger departmental DEI committee. Shanna enjoys various hobbies, including watching women's soccer, making pottery, and spending time with their cat, Frankie. Shanna is very excited to bring new, diverse wellness initiatives to the Department of Psychiatry.