

Amy S. Friday, Ph.D.
(Formerly Amy S. Schultz)
Licensed Psychologist

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Psychologist Licensure

Oregon #1639

Education

- 10/03-9/04 Clinical Geropsychology Postdoctoral Fellowship Program: Harvard Medical School, Boston VA Healthcare System, Boston, MA.
Providing geropsychology and neuropsychology services in multidisciplinary consult team, nursing home, and medical settings. Specialty training in capacity evaluations.
- 8/02-8/03 APA-Approved Clinical Psychology Internship: Portland VAMC, Portland, OR.
Three rotations of clinical practice (health psychology, outpatient mental health, inpatient mental health/ day treatment program) with adult veteran population, focusing each rotation on geropsychology and neuropsychology issues.
- 8/03 PhD, Clinical Psychology, Arizona State University, Tempe, AZ.
Dissertation title: "Mindful Attitudes in the Experience of Caring for a Spouse with Alzheimer's Disease." Advisor: Alex Zautra, Ph.D., Doctoral GPA: 4.0
- 5/99 M.A., Clinical Psychology, Arizona State University, Tempe, AZ.
Thesis title: "A Multifaceted Conception of Goal Linking: New Directions in Theory and Measurement". Advisor: Paul Karoly, Ph.D. Masters GPA: 4.0
- 3/97 B.A., Psychology, Summa Cum Laude, St. Cloud State University, St. Cloud, MN.
Senior Honors Thesis title: "The Relation between Aerobic Exercise and Psychological Outcomes in Older Adult Women". Advisor: Leslie Valdes, Ph.D. Undergraduate GPA: 3.98

Recent Clinical and Geropsychology Positions

- 9/22-present This Beautiful Brain: Portland, OR.
Founder of an educational YouTube channel highlighting how research can be used in daily life to promote brain health, caregiver wellness, and quality of life.
- 1/07-present Providence St. Vincent Hospital: Portland, OR.
Staff Privileges, Contribute to interdisciplinary assessment teams (Providence Brain and Spine Institute, Cognitive Assessment Clinic, Multiple Sclerosis Center) investigating differential diagnoses and causes of cognitive dysfunction.
- 10/04-present Oregon Passionate Aging and Living Institute (OPAL Institute): Portland, OR.
Founder and head of organization devoted to promoting passionate aging and living for adults and older adults. Includes neuropsychological assessment and evaluation, consultation and expert witness testimony around capacity issues, parental competency evaluations in the context of juvenile dependency cases, presentations/education, and therapy services.
- 8/06-8/08 PsychMed Associates: Portland, OR.
Co-founder and partner of interdisciplinary collaboration providing on-site, biopsychosocial geriatric assessment.

- 11/04-10/06 Providence Milwaukie Hospital, Center on Aging: Portland, OR.
Staff privileges, member of Interdisciplinary Assessment Team investigating differential diagnoses and causes of cognitive dysfunction. Performing geriatric neuropsychological evaluation, feedback, and consultation.
- 11/04-6/06 LifeWorks NorthWest Community Mental Health Center: Washington County, Oregon.
Staff member completing cognitive and psychological evaluation and consultation with nursing home residents, staff, and family members throughout Washington County.

Presentations

- Friday, A.S. (2022, May). This Beautiful Brain – Brain Health for Your Life. Presented to the Village Baptist Church - Elder Care series. Beaverton, OR.
- Friday, A.S. (2020, April). Healthy Aging. Presented to the OHSU School of Medicine Psychiatry Resident Training Program. Portland OR.
- Friday, A.S. (2019, December). Normal Aging and Cognition. Presented to the OHSU School of Medicine Physician Assistant Training Program. Portland, OR.
- Friday, A.S. (2019, March). The Science of Brain Health and Wellness. Women of Vision and Change. Portland, OR.
- Friday, A.S. (2018, January). Cognition and the Role of Neuropsychological Testing in Parkinson’s disease. Parkinson’s Resources of Oregon. Tualatin, OR.
- Friday, A.S. (2017, May). Brain Health and Wellness. Hawthorne Gardens Living Facility Caregiver Support Group. Portland, OR.
- Friday, A.S. (2016, November). Challenging Conversations with Aging Loved Ones. Multnomah County Aging and Disability Services, Family Caregiver Support Program. Portland, OR.
- Friday, A.S. (2016, October). Exploring the Neurocognitive, Psychological, and Socioemotional Changes of Aging. Jungian Analysts 2016 Annual Meeting, Portland, OR.
- Friday, A.S. (2016, June). Impulse Control Disorders in Parkinson’s Disease. Parkinson’s Resources of Oregon, Portland, OR.
- Friday, A.S. (2014, October). Capacity Evaluations for Vulnerable Populations. Presented to the National Adult Protective Services Association Annual Conference, Portland, OR.
- Friday, A.S. & Owen, S. (2014, October). Capacity Evaluation: A View from the Examiner’s Seat. Presented to the Bar Association (Elder Law Section) CLE/ Oregon Law Institute, Portland, OR.
- Friday, A.S. (2014, August). Transitions in Aging and Downsizing. Presented to the Upside of Downsizing Conference, Lake Oswego, OR.
- Friday, A.S. (2014, February). Geriatric Neuropsychology – Perspectives on Daily Geriatric Care and Courtroom work. Presented to the Portland Professional Geriatric Care Managers, Portland, OR.
- Friday, A.S. (2013, October). Changing Dynamics: Physical and Emotional Changes in Aging. Presented to Lake Oswego Community Center, Lake Oswego, OR.
- Schultz, A.S. (2013, April). How to Facilitate Caring Transitions. Presented to St. Luke Lutheran Church, Seminar for Caregivers and Families, Portland, OR.
- Schultz, A.S. (2012, October). Sociology of Health and Aging: Perspectives from Geropsychology. Presented to Portland Community College Sociology Class, Portland, OR.
- Schultz, A.S. (2012, October). Determining Capacity: The Ability to Choose in Financial, Legal, Sexual, and Personal Domains. Presented to Leading Age Oregon Fall Leadership Conference, Hood River, OR.
- Schultz, A.S. (2012, October). Building Brain Health and Avoiding Cognitive Decline. Presented to Providence Benedictine Nursing Center, Mount Angel, OR.
- Schultz, A.S. (2012, May). Where Did I Put My Keys? Understanding and Promoting Brain Health. Presented to Mirabella Living Facility, Portland, OR.

Schultz, A.S., Waterman, B., Noonan, B. (2011, September). Where Did I Put My Keys? Understanding and Promoting Brain Health. Presented to PGE/Providence Brain Institute, World Trade Center, Portland, OR.

Schultz, A.S., Garman, K., O'Shea, M. (2011, September). Understanding the Challenges of Determining Mental Competency. Presented to the Oregon Gerontological Association, Milwaukie Center, Milwaukie, OR.

Schultz, A.S. (2011, March). Cognitive Functioning with Brain Aneurysm. Presented to the Aneurysm Support Group for the Neurosciences Program/Providence Brain Institute.

Schultz, A.S. (2011, February). Memory Concerns: Understanding and Promoting Brain Health. Presented as part of the Providence Hospital System Women's Wellness Series, Portland, OR.

Schultz, A.S. (2010, June). Private Practice. Presented to Postdoctoral Class, Veteran's Affairs Medical Center, Portland, OR.

Schultz, A.S., Huntley, S., Lawler, M. (2009, November). When Professional Becomes Personal: A Panel Presentation. Oregon Gerontological Association, Marylhurst University, Marylhurst, OR.

Schultz, A.S. (2008, June). Logistics and Statistics of Private Practice. Presented to Predoctoral Internship Class, Veteran's Affairs Medical Center, Portland, OR.

Frederick, J., Sturm, C., Schultz, A.S. (2008, May). Preparing Your Professional Will. Panel presentation at the Oregon Psychological Association's Annual Conference, Portland, OR.

Schultz, A.S. (2008, April). Research in Action: Helping People. Presented to the 11th Annual St. Cloud State University Student Research Colloquium 2008, St. Cloud, MN.

Schultz, A.S. (2007, July). Mild Cognitive Impairment and Geriatric Issues. Presented to Predoctoral Internship Class, Veteran's Affairs Medical Center, Portland, OR.

Schultz, A.S. (2007, May). Mental Health and Cognition in Parkinson's Disease. Presented to Cascadia Behavioral Health, Gresham, OR.

Moore, L., Schultz, A.S. (2007, February). Psychology Across the Career Span. Presented to the Oregon State Hospital Psychology Study Group, Salem, OR.

Schultz, A.S. (2007, January). Personalizing and Adjusting to a New Living Environment: Making a New Home a Home. Presented at the Parkinson's Disease Center of Oregon "Housing Transitions" Series, Oregon Health and Science University, Portland, OR.

Schultz, A.S. (2006, August). Sleep. Presented at the Volunteers of America "Caring for the Caregiver" Seminar, Portland, OR.

Schultz, A.S. (2006, August). Adapting to the Aging Self: Optimizing Life with Normal Aging, MCI, or Dementia. Presented at the Oregon Gerontological Association's Conference, Tualatin, OR.

Schultz, A.S. (2006, May). Interdisciplinary Collaboration in Geriatrics. Panel presentation at the Oregon Psychological Association's Annual Conference, Portland, OR.

Schultz, A.S. (2006, April). Psychological Impact of Parkinson's Disease. Presented at the Parkinson's Resource Organization Annual Conference, Lincoln City, Oregon.

Schultz, A.S. (2006, March). Mental Stress and Caregiving. Presented at North West Geriatrics Caregiving Seminar, Portland, OR.

Schultz, A.S. (2006, March). Mild Cognitive Impairment. Presented to Predoctoral Internship Class, Veteran's Affairs Medical Center, Portland, OR.

Schultz, A.S. (2006, January) Mood and Memory in Parkinson's Disease. Presented at the Parkinson's Resource Organization Public Education seminar, Portland, Oregon.

Schultz, A.S. (2005, December) Brain Functioning: How to Keep Your Brain Active and Avoid Dementia. Presented at Lake Oswego Heritage Club, Public Service presentation.

Schultz, A.S. (2005, November) Personalizing and Optimizing the ALF/Nursing Home Experience: Ideas for Professionals and Loved Ones. Presented at the Graduate School of Social Work Brown Bag Seminar, Portland State University.

Schultz, A.S. (2005, November) Helping Your Clients, Your Parents, and Yourself to Age and Live with Passion Presented at the Senior Provider Information Network, Portland, OR.

Schultz, A.S. (2005, November) Passionate Aging and Living for Ourselves and Our Loved Ones. Presented at Vancouver Caregiver's Conference, Southwest Washington Area Agency on Aging, Vancouver, Washington.

Schultz, A.S. (2005, November) Mind, Mood and Memory in Parkinson's Disease. Presented at the Parkinson's Disease support group educational seminar, Chehalis, Washington.

Schultz, A.S. (2005, October) Passionate Aging and Living: Research and Applications. Presented at Psychiatry Grand Rounds, Oregon Health and Science University.

Schultz, A.S. (2005, October). Passionate Aging and Living: Applications for Activity Directors. Presented at the Metro Activity Professionals Conference, Portland, OR.

Schultz, A.S. (2005, October). Memory "Bumps" on the Road of Life: What's Normal, What's Not, and How to Keep Your Memory Healthy. Presented to Milwaukie Senior Center, Milwaukie, OR.

Schultz, A.S. (2005, June). Maintaining Mental Health through Passionate Aging and Living. Presented at the Oregon Geriatric Education Annual Conference, Oregon Health & Science University.

Schultz, A.S. (2005, April). Passionate Aging and Living within the Context of Alzheimer's Disease. Presented at the Alzheimer's Association 2005 McGinty Conference, Portland, OR.

Schultz, A.S. (2005, January, February). Passionate Aging and Living. Presented to Avamere Bethany and Summerplace Assisted Living Facilities, Portland, OR.

Schultz, A.S. (2004, November). Mild Cognitive Impairment. Presented to Predoctoral Internship Class, Veteran's Affairs Medical Center, Portland, OR.

Schultz, A.S. (2004, September). The Fellowship Training Year: A Graduating Fellow's Perspective. Presented to Postdoctoral Fellow Class, VAMC, Jamaica Plain Campus.

Schultz, A.S. (2004, August, September). Communication Training I: Social Service Skills. Presented to Nursing Home Unit staff, VAMC, Brockton Campus.

Schultz, A.S. (2004, August). Staff Splitting: The Manipulative Patient. Panel participant for the Schwartz Center Rounds, VAMC, Brockton Campus.

Schultz, A.S. (2004, July). Aging and Cognitive/Psychological Complications in the Spinal Cord Injury Patient. Presented at SCI Grand Rounds, VAMC, West Roxbury Campus.

Schultz, A.S. (2004, June). Mental Health and Quality of Life in Long-Term Care. Presented at the Geropsychology Seminar, VAMC, Brockton Campus.

Schultz, A.S. (2004, March). Conceptualizing and Funding Geriatric Mental Health. Presented at Harvard Medical School Psychiatry Research Day and Mysell Lecture, Boston, Massachusetts.

Schultz, A.S. (2004, March). "A Guide to "Average Joe" Language Regarding Memory Concerns. Presented at Psychology Lecture Series, VAMC, Brockton Campus.

Schultz, A.S. (2001, July). An Empirical Review of Mindfulness Meditation with Applications to Older Adults. Presented at the International Meeting of the Gerontological Congress, Vancouver, British Columbia.

Schultz, A.S., & Okun, M. (2000, August). Usefulness/Competence as a Motive for Volunteering Across Adulthood. Presented at the national meeting of the American Psychological Association, Washington DC.

Television Appearances, Podcast Interviews, YouTube Videos, News Stories

Friday, A. (2022 to present). Over 70 YouTube videos highlighting research on brain optimization, avoiding dementia, providing support and resources to caregivers, and aging well.

Schultz, A. (Written by Foden-Vencil, K.) (2011, March). Older Workers Finding Many Benefits to Staying on the Job. Oregon Public Broadcasting newscast and article.

Schultz, A. (2011, February). "Forgetting Something?" Oregonian article regarding memory concerns and aging.

Schultz, A. (2011, February). Memory Concerns. Aired by KOIN6 news station regarding memory concerns in aging.

Schultz, A. (2008, January). Dating in Later Life Podcast. Produced by www.myRegence.com.

Schultz, A. with Weiss, S. (Moderator), Davis, J., Porter, V., et al. (2007, February). Mental Health and the Underserved. Produced for cable television distribution on Oregon Public Broadcasting.

Schultz, A. with Providence Medical Center staff. (2006, October). Living to be One Hundred. Produced for local television news distribution.

Schultz, A. with Newfeld, J., Baird, C., Davis, J., et al. (2004, December). Geriatric Health and Mental Health Issues. Produced through Marylhurst University for cable television distribution on Oregon Public Broadcasting.

Publications

Friday, A.S. (2023). Understanding the aging brain and managing fear of dementia. In M.J. Saavedra (ed.), *Eldercare 101: A Practical Guide to Later Life Planning, Care, and Wellbeing, Updated Edition* (pp. 201-207). Rowman & Littlefield.

Friday, A.S. (2015). Capacity Evaluations in Vulnerable Populations. American Society on Aging's Aging Today Online, Age Blog: <http://www.asaging.org/blog/evaluating-vulnerable-populations-capacity>.

Hough, S., Schultz, A.S. (2012). Sexuality: an ageless tradition with unresolved opportunity [Review of the book *Sexuality and Aging: Clinical Perspectives* by Jennifer Hillman]. *PsycCRITIQUES*, 57(50), Article 18.

Burke, H., Zautra, A., Davis, M., Schultz, A., & Reich, J. (2003). Arthritis and musculoskeletal conditions. In A. M. Nezu, C. M. Nezu, & P. A. Geller (Eds.), *Handbook of Psychology, Volume 9: Health Psychology* (pp. 169-190). Hoboken, New Jersey: John Wiley & Sons, Inc.

Davis, C.H., MacKinnon, D.P., Schultz, A.S., & Sandler, I. (2003). Cumulative risk and population attributable fraction in prevention. *Journal of Clinical Child and Adolescent Psychology*, 32(2), 228-235.

Goy, E.R., Schultz, A.S., & Ganzini, L. (2003). Psychological and Psychiatric Aspects of Palliative Care: An Annotated Bibliography (pp.181-188). Cambridge University Press.

Okun, M.A., & Schultz, A.S. (2003). Age and motives for volunteering: Testing hypotheses derived from Socioemotional Selectivity Theory. *Psychology and Aging*, 18(2), 231-239.

Bortz, J.J., & Schultz, A.S. (2002). Somatization in older adults. In J. Sirven & B. Malamut (Eds.), *Clinical Neurology of the Older Adult* (pp. 463-477). Philadelphia, PA: Lippincott, Williams, & Wilkins.

Burke, H. M., Zautra, A. J., Schultz, A. S., Reich, J. W. & Davis, M. C. (2002). Arthritis: A biopsychosocial perspective. In A. Christensen & M. Antoni (Eds.), *Chronic Medical Disorders: Behavioral Medicine's Perspective* (pp. 268-287). Malden, MA: Blackwell Publishers Limited.

Sandler, I., Ayers, T., Suter, J., Schultz, A., & Twohey, J. (2001). Adversities, strengths, and public policy. In K. Maton, B. Leadbetter, C. Schellenback, & A. Solarz (Eds), *Strengths-based public policies*. Washington, DC: American Psychological Association.

Zautra, A.J., Schultz, A.S., & Reich, J.W. (2000). The role of everyday events in depressive symptoms for older adults. In G. Williamson, P. Parmelee, & D. Shaffer (Eds.), *Physical illness and depression in older adults: A handbook of theory, research, and practice*. New York: Plenum Publishing Corporation.

Research Experience

1/10-2012 Sub-Investigator. Providence St. Vincent Medical Center, Providence Multiple Sclerosis Center: Eli Lilly F1J-US-HMFR Duloxetine Trial for Neuropathic Pain in Multiple Sclerosis.

9/08-2010 Primary Investigator. Providence St. Vincent Medical Center Nohlgren Menne Research and Education Fund grant: "Assessing Subjective Cognitive Complaints in the Community".

- 10/03-11/04 Postdoctoral Geropsychology Fellow. Boston VA/ Harvard Fellowship Program. Principal investigator on study of creative funding sources for mental health services to older adults, with an emphasis on positive psychology programs promoting health.
- 6/02-8/02 Graduate Research Assistant. VA Research Study on Hospice Care, Portland, OR. Conducted home visits, data management, recruitment activities, and research team coordination. Co-authored an annotated bibliography on psychological and psychiatric aspects of palliative care.
- 11/98-8/02 Co-Investigator. Motivation for Volunteering Across the Lifespan, Arizona State University. Project development, community organization liaisons, instrument and coding development, data management, research assistant training/supervision, statistical manipulations, and co-author on APA journal article.
- 2/00-12/00 Co-Investigator. Neuropsychological Associates, in conjunction with Barrows Neurological Institute, Phoenix, Arizona. Investigation of neuropsychological function pre/post brain surgery to diminish epileptic activity. Neuropsychological testing, data analysis and summary.

Honors and Awards

- 2023 Public Education Award, Oregon Psychological Association
- 2008 National Register Early Career Psychologist Credentialing Scholarship
- 2002-2003 Herman E. Demund Academic Scholarship
- 2001 Arizona State University Graduate Research Award
- 2000, 2001 Arizona State University Graduate College Travel Grants
- 2000 AARP Scholarship
- 2001 APA Student Travel Award
- 1997-1999 Arizona State University Regents Graduate Academic Scholarship
- 1997-1998 Phi Kappa Phi Fellowship
- 1996 Psychology Departmental Scholar Award, St. Cloud State University
- 1997 Phi Kappa Phi Honors
- 1996 Psychology Department Presentation Award, St. Cloud State University
- 1995 Outstanding Student Recognition Finalist, St. Cloud State University
- 1995 Ellis Academic Scholarship, St. Cloud State University
- 1995 Alnwick District Council Scholarship, Alnwick, England, Center for British Studies
- 1993-1996 Dean's List, St. Cloud State University

Professional Memberships/Involvement

- 2011-present Association for Frontotemporal Degeneration
- 2008-present National Academy of Neuropsychology
- 2007 End-of-Life Issues-Death Studies, Ad hoc Referee
- 2007-2010 American Psychological Association, Division 42 (Independent Practice)
- 2007-2010 International Neuropsychology Society
- 2006-present American Psychological Association, Division 40 (Clinical Neuropsychology)
- 2006-present Oregon Gerontological Association
- 2006-2008 Oregon Psychological Association, Board of Directors
- 2006-2008 Oregon Psychological Association, Early Career Psychologist Representative
- 2005-2010 Oregon Psychological Association Mentorship Program (geropsychology mentor)
- 2005-2008 Volunteers of America, Elder Advisory Council
- 2005 Metropolitan Seniors Network - Oregon
- 2004-present Senior Provider Information Network
- 2004-2005 Seniors First (Oregon) Elder Advisory Council

2003-present Oregon Psychological Association
2000-present American Psychological Association, Division 12, Section II (Clinical Geropsychology)
1999-2014 Psychologists in Long Term Care
1996-present American Psychological Association
1994-1996 Psi Chi