

Dr. Sona Dimidjian is a professor in the Department of Psychology and Neuroscience and director of the Renée Crown Wellness Institute at the University of Colorado Boulder. Her research focuses on cultivating mental health and wellness among women, children, and families by engaging people's capacities for learning and promoting community change. She studies and develops programs and practices in education and healthcare settings, with an emphasis on navigating key developmental transitions, such as the perinatal period, early childhood, and adolescence. She also has a longstanding interest in expanding access, scaling, and sustaining effective programs, using both digital technology and community-based partnerships. Current projects focus on promoting healthy body image among young women, preventing depression and supporting wellness among new and expectant mothers, and enhancing mindfulness and compassion among youth, families and educators. She is the recipient of numerous awards acknowledging her teaching and clinical research. She received her BA in psychology from the University of Chicago and her Ph.D. in clinical psychology from the University of Washington.