

Jackie Wigder

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Cannabis Healthcare Educator and Science Communicator — Translating Research Into Patient-Centered Care

SUMMARY

- A decade of mindfulness, trauma-informed coaching, and meditation teaching informs her approach to cannabis medicine, healthcare education, and science communication.
- Designed, developed, and deployed an AI-powered instructional design chatbot for her MS Capstone that trains healthcare providers to have cannabis disclosure conversations that build psychological safety, through dynamic patient simulation and real-time coaching grounded in evidence-based communication research.
- Federal and state cannabis advocate, working for ethical, evidence-based, harm-reduction policy.

CAPSTONE PROJECT

Healthcare Provider Training (HPT) Chatbot — Instructional Designer

University of Maryland School of Pharmacy, Baltimore, MD · Aug 2025 – Present · Demo available upon request

- Authored two original frameworks for the chatbot: Trust Economy Model (cumulative patient trust tracking) and Stick and Leaf Feedback Framework (adaptive real-time coaching, adopting a mindfulness-based metaphor).
- Synthesized Seven Principles of Compassionate Communication from motivational interviewing, nonviolent communication, trauma-informed care, shame resilience theory, mindful practice, and neurodiversity-affirming approaches as the chatbot's provider response rubric.
- Built four interactive modes (Onboarding, Pre-Assessment, Patient Simulation with real-time feedback, and Guided Reflection) on the Anthropic Claude API, deployed via Vercel.
- Integrated 14 peer-reviewed sources into evidence-based training content with claim-to-evidence traceability throughout development.
- Conducted learner-analysis survey that validated the provider-patient cannabis communication gap, reoriented training from content delivery to communication skill development, and surfaced significant neurodivergent representation among respondents, indicating a future research direction at the intersection of cannabis communication and neurodiversity.
- Developed Kirkpatrick-based evaluation plan integrating pre/post confidence measures, language patterns mapped to research-backed communication principles, and behavior change tracking over time.

EDUCATION

Master of Science, Medical Cannabis Science and Therapeutics

University of Maryland School of Pharmacy, Baltimore, MD · Expected May 2026

- **Honors:** Rho Chi Honor Society (2026)
- **Relevant coursework:** Cannabis Chemistry & Drug Delivery; Clinical Effects of Medical Cannabis; Advanced Cannabis Therapeutics; Medical Cannabis Capstone; Medical Cannabis Advocacy; Science Writing in Medical Cannabis; Medical Psychedelic Science and Therapeutics.

Bachelor of Science, Accounting

Fordham University, New York, NY · 2012

PROFESSIONAL EXPERIENCE

Holistic Life Coach & Meditation Teacher

Jackie Alyse LLC · Atlanta, GA · New Jersey · Remote · 2016 – Present

- Guide clients through personal and professional challenges using mindfulness-based and trauma-informed approaches.
- Develop and facilitate group workshops and retreats for clients navigating trauma, chronic illness, neurodivergence, and personal transformation, and hold space for individual processing through 1:1 coaching.
- Design and deliver interdisciplinary educational materials and frameworks bridging contemplative practice, behavioral science, and lived experience for clinical and wellness audiences.

Director of Microdosing Education

The EAST Institute · Atlanta, GA · May 2022 – Aug 2023

- Created and launched EMBODI educational division (Entheogenic Medicine-Based Optimization, Dosing & Integration), supporting clients in exploring entheogenic medicine for wellbeing and transformation.
- Developed structured coaching programs and personalized plans spanning screening, integration, and ongoing support.
- Owned full operational management of the EMBODI division, leading cross-functional teams across program design, marketing and branding, facilitator collaboration, and content production.
- Formulated three microdose blends designed to support client wellbeing, satisfaction, and reduced pharmaceutical dependence.

Family Caregiver

New Jersey · 2019 – 2021

- Coordinated integrative treatment for spouse following spinal surgery and tumor resection, researching and implementing holistic recovery protocols across mainstream and alternative care.
- Provided comprehensive support for a non-English-speaking foster adolescent during the pandemic, including language acquisition support and cross-cultural communication.

Accountant

Private Equity & Financial Institutions · New Jersey · New York, NY · 2010 – 2012

- Managed financial reporting for portfolio accounts in compliance with SEC and regulatory requirements.
- Translated technical accounting concepts into accessible language for stakeholder communication.

CERTIFICATIONS

Mindfulness Meditation Teacher

The Awareness Training Institute / UC Berkeley Greater Good Science Center · 2023

Holistic Life, Career & Executive Coach

Goal Imagery Institute (ICF-Accredited) · 2016

SKILLS & TOOLS

AI tools

Claude/Anthropic API, Gemini, prompt engineering, conversational AI, LLM development, chatbot development and deployment, AI-assisted instructional design.

Communication frameworks

Compassionate communication, nonviolent communication, mindfulness, trauma-informed care, shame resilience theory, neurodiversity-affirming practice, patient-centered care, clinical communication, health literacy.

Education

Instructional design, curriculum development, learning experience design (LXD), Kirkpatrick evaluation framework, adult learning theory, assessment design, workshop facilitation.

Research

Research methodology and design, research ethics evaluation, analysis of systemic bias in study design and reporting, cross-disciplinary research integration, literature synthesis with claim-to-evidence traceability, evidence-based content development.