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DR. AGATA FREEDLE RECEIVES PRIDE GRANT FROM LINDENWOOD UNIVERSITY

March 3, 2021

By Sanorah Eldred

One of the key elements to ensuring Academic Success is by being a life-long learner. Dr. Agata Freedle is one of the best examples of what it looks like to be a lifelong learner. Dr. Freedle is currently . Her research and desire to broaden the spectrum of knowledge is what helped her to receive the PRIDE grant from Lindenwood University for her research regarding PTSD (Posttraumatic Stress Disorder) and PTG (Posttraumatic Growth), specifically in response to reproductive trauma defined as miscarriage, stillbirth, infertility, or birth trauma.

Dr. Freedle began her academic career at the University of Stirling in Scotland where she earned her B.S. in Psychology. After earning her first degree she immigrated to the United States where she earned her master's degree in Clinical Mental Health Counseling at Valparaiso University. Before beginning her doctorate program, she spent a period of time as a clinician and researcher with at-risk youth who had complex trauma history. Dr. Freedle then went on to earn her Ph.D. in Education with an Emphasis in Counseling from the University of Missouri-St. Louis.

Dr. Freedle's educational career carried her to the desire to research the relationship that PTSD and PTG play in a person's reaction to traumatic experiences, specifically reproductive trauma. She even went on to be published in *Psychological Trauma: Theory, Research, Practice and Policy* with her piece titled *Core Belief Challenge, Rumination, and Posttraumatic Growth in Women Following Pregnancy Loss.* It is this work that allowed Dr. Freedle to receive the PRIDE grant from Lindenwood University. With the grant Dr. Freedle will be able to continue her research in discovering the positive and negative mental side effects that this type of trauma causes.

When asked how Lindenwood has supported her Academic Success Dr. Freedle stated, "I feel very supported in my research endeavors and receiving the grant as an early career professional further showcases LU's support for my research goals. I was very excited to be awarded the grant and begin the project as I have both a passion for improving our understanding of reproductive trauma as well as encouraging students and fostering their growth and engagement with research."