

Carrie is an Assistant Professor of Communication Studies at Schreiner University in Kerrville Texas. Carrie was widowed when she was 29 and had two sons who were 6 years old and 1 and 1½ years old. This experience inspired Carrie's return to school and her focus on understanding and improving the lives of widows and widowers, and their families. Carrie earned her Ph.D. in interpersonal and family communication from the University of Denver.

Dr. West serves as the Director of Research for Soaring Spirits International as well as the Director of Research for the Soaring Spirits Resilience Center at Schreiner University. She has been working with Soaring Spirits for over five years to help gather and provide resources for widows and widowers. Her goal is discover which resources and behaviors can help widows and widowers to be more resilient, to create and maintain personal relationships, to find meaningful support, and to use communication to improve their lives and health. Carrie is remarried and lives in Kerrville, Texas with her husband, her two sons, and her three dogs.

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