

# Erin N. Etzel, Ph.D.

## Clinical Health Psychologist

Maryland Licensed Psychologist #06265 ♦ Authority to Practice Interjurisdictional  
Telepsychology (APIT) under PSYPACT – APIT #14431

### PROFESSIONAL CONTACT INFORMATION

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Rowan Center for Behavioral Medicine  
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Towson, MD 21204  
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### CLINICAL SPECIALTIES & CURRENT INTERESTS

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- ♦ Cognitive-behavioral and mindfulness-based interventions for chronic pain, insomnia and other sleep-wake disorders, gastrointestinal (GI) disorders, and anxiety
- ♦ Intersection of chronic pain and complex trauma/Post-Traumatic Stress Disorder (PTSD)
- ♦ Trauma-informed therapies for mind-body syndromes
- ♦ Rehabilitation psychology, specifically adjustment to disability, chronic illness, and spinal cord injury
- ♦ Behavior change interventions for weight management and treatment adherence

### EDUCATION & CLINICAL TRAINING

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November 2015 - November 2016	<b>New Mexico Veterans Affairs Healthcare System</b> , Albuquerque, NM APA Accredited Post-doctoral Residency in Clinical Psychology Emphasis in Pain Psychology and Behavioral Sleep Medicine
July 2014 - July 2015	<b>Bruce W. Carter Veterans Affairs Medical Center</b> , Miami, FL APA Accredited Pre-doctoral Psychology Internship Emphasis in Integrated Clinical Health Psychology
December 2015	<b>University of Miami</b> , Coral Gables, FL Ph.D. in Clinical Psychology APA Accredited Program: Health Emphasis
August 2012	<b>University of Miami</b> , Coral Gables, FL M.S. in Clinical Psychology APA Accredited Program
May 2009	<b>Vanderbilt University</b> , Nashville, TN B.A in Psychology (with Departmental Honors) and Medicine, Health, & Society interdisciplinary program Graduated <i>summa cum laude</i> and Phi Beta Kappa

## PROFESSIONAL EXPERIENCE

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### March 2023 – present **CLINICAL HEALTH PSYCHOLOGIST**

Rowan Center for Behavioral Medicine, Towson, MD

- ◆ Provide psychological assessment and psychotherapy to adults and older adults presenting with various medical conditions, including chronic pain, sleep disorders, and GI disorders, and/or assistance with health behavior change.

### March 2023 – present **PAIN PSYCHOLOGIST (part-time)**

Override Health, Remote

- ◆ Provide pain psychology services as part of a fully virtual interdisciplinary chronic pain rehabilitation team, including a pain management physician, physical therapist, and health coach.

### November 2018 - **STAFF PSYCHOLOGIST, Neurology/Chronic Pain Service**

March 2023  
VA Maryland Healthcare System (VAMHCS), Baltimore, MD

- ◆ Evaluated and treated Veterans referred to specialty Chronic Pain consultation service using evidence-based therapies for management of chronic pain, including Cognitive Behavioral Therapy (CBT) for Chronic Pain, Acceptance and Commitment Therapy (ACT) for Chronic Pain, Emotional Awareness and Expression Therapy (EAET), CBT for Headache, and biofeedback.
- ◆ Assisted Veterans in health behavior change to supplement their overall pain treatment plan, including weight management and improving PAP adherence.
- ◆ Provided CBT for Insomnia (CBT-I) to Veterans with comorbid chronic pain as part of VAMHCS Mental Health Clinic CBT-I consultation team.
- ◆ Provided clinical supervision and didactics to Health Psychology track interns.
- ◆ Provided shadowing opportunities and brief didactics to Family Medicine and Internal Medicine residents during their Integrative/Whole Health rotation.
- ◆ Assisted in triaging consults received by the Chronic Pain Service.
- ◆ Contributed to VAMHCS and Veterans Integrated Service Network (VISN) 5 Pain Committees, as well as the founding committee of the Whole Health Pain Pathway initiative.
- ◆ Served as a Subject Matter Expert in VAMHCS- and VISN-level clinical appeal reviews.
- ◆ Provided services and wellness programming as part of the VAMHCS Employee Assistance Program (November 2018 – March 2022).

February 2020 -  
September 2022

### **Empower Veterans Program (EVP) Program Coordinator**

VAMHCS/VISN 5, 6-10 hrs./week

- ◆ Co-facilitated EVP, a 10-week, intensive, interdisciplinary pain self-management training for Veterans with high-impact chronic pain, which incorporates ACT for Chronic Pain (Nov. 2018 – Sept. 2022).
- ◆ Administratively coordinated EVP at VAMHCS, managed consults, and participated in the EVP Quality Improvement network with Atlanta VA team
- ◆ Served as Acting EVP Team Lead to facilitate VISN-wide telehealth expansion with VISN 5 stakeholders and hire and train new multi-disciplinary staff, including psychologist, social workers, telehealth technician, and program support staff.

February 2017 -  
October 2018

**CLINICAL PSYCHOLOGIST, Primary Care Behavioral Health**

Presbyterian Medical Group (PMG), Rio Rancho, NM

- ◆ Provided brief assessments, triage, suicide risk management, and short-term cognitive-behavioral interventions as the integrated behavioral health provider in a Family Practice clinic, serving primarily adult and older adult patients.
- ◆ Developed and facilitated monthly, group-based psychoeducational session about nonpharmacological approaches to chronic pain management.
- ◆ Member of the Primary Care Behavioral Health and Chronic Pain workgroups

November 2015 -  
November 2016

**POST-DOCTORAL RESIDENT, Pain and Sleep Psychology Emphasis**

New Mexico Veterans Affairs Healthcare System, Albuquerque, NM

- ◆ Implemented and led program evaluation of the integration of behavioral health services into the Sleep Medicine specialty clinic.
- ◆ Served as behavioral health consultant in the Interdisciplinary Pain Rehabilitation Program (IPRP) and the academic Sleep Medicine clinic.
  - Provided consultation to medical staff and comprehensive assessment, collaborative treatment planning, and evidence-based treatments, including CBT for Chronic Pain and CBT-I to Veterans.
  - Conducted presurgical psychological evaluations for placement of spinal cord stimulators.
- ◆ Provided individual Cognitive Processing Therapy (CPT) to Veterans with combat-related PTSD through the VA CPT Implementation Program.

**PRE-DOCTORAL CLINICAL TRAINING EXPERIENCES**

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July 2014 -  
July 2015

**PRE-DOCTORAL INTERN, Integrated Health Psychology Emphasis**

Bruce W. Carter Veterans Affairs Medical Center, Miami, FL

**Primary Care—Mental Health Integration (9 months)**

- ◆ Conducted brief biopsychosocial assessment and behavioral health interventions for Veterans presenting to Primary Care with concerns related to depression, anxiety, sleep, pain management, cardiovascular risk, diabetes, treatment adherence, stress management, and/or alcohol misuse.
- ◆ Facilitated Health Promotion / Disease Prevention groups and Shared Medical Appointments, focusing on various chronic health conditions (e.g., pain, tobacco cessation, insomnia, cardiovascular disease, tinnitus, sexual dysfunction).
- ◆ Co-facilitated Motivational Interviewing trainings for health care providers.
- ◆ Supervised practicum students who co-facilitated tobacco cessation groups.

**Individual Therapy Clinic (12 months)**

- ◆ Provided time-limited (12 sessions), evidence-based psychotherapy to Veterans on an outpatient basis for a variety of mental health and health behavior concerns. Primary intervention approaches included CBT, Motivational Interviewing, and ACT.

**Psychological Assessment Clinic (12 months)**

- ◆ Conducted psychodiagnostic assessments for Veterans referred for testing by other healthcare providers, most often psychiatrists requesting differential diagnosis of mood and personality disorders. Diagnostic categories included

bipolar and related disorders, depressive disorders, substance use disorders, trauma- and stressor-related disorders, somatic symptom disorders, and Cluster B personality disorders.

**PTSD Clinical Team—Military Sexual Trauma (MST) Rotation** (3 months)

- ◆ Co-facilitated 3 trauma-focused psychotherapy groups for Veterans with a history of MST and 3 group treatments for Veterans with combat-related PTSD, including Seeking Safety, coping skills for PTSD recovery, and anger management training.
- ◆ Provided individual therapy to Veterans diagnosed with PTSD and chronic pain, using an integrated evidence-based intervention (CBT-CP and CPT).

**August 2013 -  
May 2014**

**GRADUATE STUDENT THERAPIST**

Trauma Treatment Program, University of Miami (5 hrs./week)

- ◆ Provided empirically supported Prolonged Exposure therapy (PE; Foa & Rothbaum, 1998) to adults with a diagnosis of PTSD.

**January 2013 -  
May 2013**

**GRADUATE STUDENT THERAPIST**

Lifestyle Group, Psychological Services Center, University of Miami (5 hrs./week)

- ◆ Helped develop and co-facilitated a 12-week cognitive-behavioral lifestyle management program (followed by 4 booster sessions over 6 months) intended to help participants lose weight through improved nutrition, increased physical activity, and stress management.

**August 2012 -  
August 2013**

**PSYCHOLOGY TRAINEE**

Spinal Cord Injury Unit, Bruce W. Carter VAMC, Miami, FL (15-20 hrs./week)

- ◆ Conducted individual therapy with spinal cord-injured Veterans on both an inpatient and outpatient basis as part of an interdisciplinary medical rehabilitation team. Presenting problems included mood disorders, anxiety, personality disorders, schizophrenia, chronic pain, traumatic brain injury (TBI), substance use disorders, adjustment to disability, smoking cessation, and existential concerns.
- ◆ Conducted intake assessments for new medical inpatients.
- ◆ Participated in interdisciplinary treatment planning meetings and rounds.
- ◆ Co-facilitated weekly 60-minute support group for Veterans with Multiple Sclerosis.

**August 2011 -  
June 2012**

**PSYCHOLOGY TRAINEE**

Post-Deployment Clinic, Bruce W. Carter VAMC, Miami, FL (15-20 hrs./week)

- ◆ Conducted neuropsychological screenings and full neuropsychological evaluations for Veterans returning from Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn (OEF/OIF/OND).
- ◆ Conducted short-term cognitive-behavioral therapy (3-12 sessions) with returning Veterans for presenting problems, such as panic disorder, social anxiety disorder, depression, and relationship distress. Co-facilitated a TBI Coping Skills group for Veterans returning from OEF/OIF/OND.

June 2010 -  
December 2012

**GRADUATE STUDENT THERAPIST & EVALUATOR**

University of Miami Psychological Services Center (10 hrs./week)

- ◆ Conducted short- and long-term (up to 2 years) outpatient therapy with adults from a multiethnic and socioeconomically diverse population in the South Florida community.
- ◆ Conducted psychoeducational/psychodiagnostic assessments with adolescents and adults in order to ascertain the nature of learning difficulties, diagnose learning and behavioral disorders, and develop recommendation plans for educational remediation and career planning. Populations included specific learning disorders, attention-deficit/hyperactivity disorder, and anxiety disorders.

**RESEARCH EXPERIENCE**

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October 2015

**DISSERTATION PROJECT: Are Socioeconomic Status, School Environment, Body Mass Index, and Blood Pressure Related in an Ethnically Diverse Sample of Adolescents? A Multilevel Approach**

*Chairperson:* Patrice G. Saab, Ph.D.

- ◆ Investigated effects of school-level contextual variables, such as student-teacher ratio, school SES, and school safety, as well as individual-level factors, such as physical activity and reported stress levels, on students' body mass index and blood pressure using hierarchical linear modeling.

June 2013 -  
June 2014

**GRADUATE RESEARCH ASSISTANT**

**Reaching Overweight Students Everywhere (ROSE) Program**

University of Miami, Department of Psychology (20 hrs./week)

- ◆ Responsibilities included forming partnerships with community groups, developing program content, delivering health education presentations to children, adolescents, and their families, and providing brief, problem-focused lifestyle management interventions.

June 2012 -  
June 2014

**GRADUATE RESEARCH ASSISTANT**

**GROOVE (Girls Realizing Options through OpenSim Virtual Experiences)**

University of Miami, Dept. of Psychology & Miami Science Museum (20 hrs./week)

- ◆ Responsibilities included developing study protocol, collecting and managing data, and observing interventionists to ensure treatment fidelity for a study comparing the effects of two types of summer science enrichment programs on middle school girls' self-efficacy, health knowledge, and health habits funded by an NIH Science Education Partnership Award.
- ◆ Trained and supervised undergraduate research assistants.

May 2012

**MASTER'S THESIS: Psychological Factors in Adolescents at Risk for Cardiovascular Disease: Associations with Inflammation and Aerobic Fitness**

*Chairperson:* Patrice G. Saab, Ph.D.

- ◆ Investigated associations between psychological factors, such as depressive symptoms, perceived stress, and anxiety, and C-reactive protein (CRP) and aerobic fitness in a sample of 146 adolescents at risk for cardiovascular disease due to their elevated blood pressure status, using multiple regression analyses.

July 2009 -  
December 2012

### GRADUATE RESEARCH ASSISTANT

#### Heart Smart

University of Miami, Dept. of Psychology & Miami Science Museum (20 hrs./week)

- ◆ Responsibilities included pilot testing, collecting psychosocial and physiological data, co-leading health education intervention groups, managing data in SAS, and designing study protocol for a cardiovascular health education intervention study funded by the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health (NIH).
- ◆ Trained and supervised undergraduate research assistants.

April 2007 -  
May 2009

### HONORS STUDENT / RESEARCH ASSISTANT

#### Emotion and Anxiety Research Laboratory (EARL)

Department of Psychology, Vanderbilt University (20 hrs./week)

- ◆ Responsibilities included writing IRB applications, developing study protocol, recruiting subjects, collecting and analyzing data, and writing manuscripts for independent research projects on affective predictors of adverse reactions to blood donation and maintenance of health anxiety in hypochondriasis.

January 2007 -  
September 2007

### RESEARCH ASSISTANT

#### Nashville Racial & Ethnic Approaches to Community Health (REACH) 2010

Diabetes Research & Training Center, Vanderbilt University (15-40 hrs./week)

- ◆ Responsibilities included qualitative data coding and analysis using ATLAS.ti software.

## PUBLICATIONS

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Jerschow, E., Strizich, G., Xue, X., Hudes, G., Spivack, S., Persky, V., Ayala, G.X., Delamater, A., Kim, Y., **Etzel, E.**, Cai, J., & Kaplan, R.C. (2017). Effect of relocation to the U.S. on asthma risk among Hispanics. *American Journal of Preventive Medicine*. doi: <http://dx.doi.org/10.1016/j.amepre.2016.12.018>.

Alert, M.D., Carucci, D., Clennan, M.K., Chiles, S., **Etzel, E.N.**, & Saab, P.G. (2015). Reducing Obesity in Students Everywhere (ROSE): A brief, interactive school-based approach to promoting health. *Journal of Health Education Teaching*, *6*(1), 72-86. Retrieved from <http://www.jhetonline.com>.

Olatunji, B.O., **Etzel, E.N.**, Tomarken, A.J., Ciesielski, B.G., & Deacon, B. (2011). The effects of safety behaviors on health anxiety: An experimental investigation. *Behaviour Research and Therapy*, *49*, 719-728. doi: 10.1016/j.brat.2011.07.008.

Viar, M. A., **Etzel, E.N.**, Ciesielski, B.G., & Olatunji, B.O. (2010). Disgust, anxiety, and vasovagal syncope sensations: A comparison of injection-fearful and nonfearful blood donors. *Journal of Anxiety Disorders*, *24*(8), 941-945. doi:10.1016/j.janxdis.2010.06.021.

Olatunji, B. O., **Etzel, E.N.**, & Ciesielski, B.G. (2010). Vasovagal syncope and blood donor return: Examination of the role of experience and affective expectancies. *Behavior Modification*, *34*(2), 164-174. doi: 10.1177/0145445510362576.

Olatunji, B. O., Wolitzky-Taylor, K. B., Ciesielski, B., Armstrong, T., **Etzel, E.N.**, & David, B. (2009). Fear and disgust processing during repeated exposure to threat-relevant stimuli in spider phobia. *Behaviour Research and Therapy*, *47*(8), 671-679. doi: 10.1016/j.brat.2009.04.012.

## SELECTED CONFERENCE PRESENTATIONS

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Carbonella, J., Lucette, A., Becker-Haimes, E., & **Etzel, E.N.** (April 2023). *The roads not taken: Perspectives on diverse careers in the anxiety and depression field*. Roundtable presented at the 2023 Anxiety and Depression Association of America (ADAA) conference, Washington, DC.

Clennan, M., **Etzel, E.N.**, McCalla, J., & Saab, P. (March 2017). *Stress is associated with waist circumference in Hispanic adults*. Poster presented at the 38<sup>th</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.

Chiles, S., Alert, M., **Etzel, E.**, Liu, Q., Llabre, M., Leeder, I., ... Saab, P. (April 2014). *Ratings of children's health are associated with body mass index*. Poster presented at the 35<sup>th</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.

Alert, M.D., **Etzel, E.N.**, Saab, P.G., McCalla, J.R. & Brown, J. (March 2014). *Weight loss intention and body composition in Hispanic adolescents: Associations with self-rated health*. Poster presented at the 72<sup>nd</sup> Annual Meeting of the American Psychosomatic Society, San Francisco, CA.

Alert, M.D., **Etzel, E.N.**, Chipungu, K., McCalla, J.R., Saab, P.G., & Brown, J. (March 2013). *Self-efficacy, weight perception, and physical activity in Hispanic adolescents*. Poster presented at the 34<sup>th</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.

**Etzel, E.N.**, Saab, P.G., McCalla, J.R., Llabre, M.M., & Schneiderman, N. (March 2013). Psychological factors associated with aerobic fitness, but not inflammation, in adolescents at risk for cardiovascular disease. *Psychosomatic Medicine*, 75(3). Poster presented at the 71<sup>st</sup> Annual Meeting of the American Psychosomatic Society, Miami, FL.

Alert, M.D., **Etzel, E.N.**, Saab, P.G., McCalla, J.R., Brown, J., & Williams, L. (March 2013). *A comparison of health behaviors by blood pressure status*. Poster presented at the 71<sup>st</sup> Annual Meeting of the American Psychosomatic Society, Miami, FL.

McCalla, J.R., Chipungu, K.E., Saab, P.G., Countryman, A.J., **Etzel, E.N.**, Fitzpatrick, S.L., & Brown, J. (August 2012). *Adolescent gender differences in weight, activity, and body-size perception*. Poster presented at the 120<sup>th</sup> Annual Convention of the American Psychological Association, Orlando, FL.

**Etzel, E.N.**, Saab, P., Chipungu, K., Countryman, A., McCalla, J., & Schneiderman, N. (April 2012). *Perceived stress is inversely related to fitness in overweight adolescents*. Poster presented at the 33<sup>rd</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.

Alert, M.D., Chipungu, K.E., **Etzel, E.N.**, McCalla, J. R. Saab, P. G., & Brown, J. (April 2012). *Self-rated health, stress, lifestyle, and body size in adolescents*. Poster presented at the 33<sup>rd</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.

**Etzel, E.N.**, Chipungu, K.E., Countryman, A.J., Fitzpatrick, S.L., McCalla, J.R., Brown, J.A., & Saab, P.G. (April 2011). Self-reported physical activity and sedentary behavior varies by stage of change in adolescents. Society of Behavioral Medicine, Washington, D.C., *Annals of Behavioral Medicine*, 41 (Suppl.), S228.

Saab, P.G., McCalla, J.R., Brown, J.A., Enriconi, L., Duran, S., **Etzel, E.**, Countryman, A.J., Chipungu, K.E., & Fitzpatrick, S.L. (April 2011). Heart Smart: A strategy for assessing and promoting cardiovascular health in diverse groups. Society of Behavioral Medicine, Washington, D.C., *Annals of Behavioral Medicine*, 41 (Suppl.), S89.

Chipungu, K.E., Saab, P.G., Countryman, A.J., McCalla, J.R., Fitzpatrick, S.L., **Etzel, E.**, Brown, J. & Juarez, C. (April 2011). The role of health knowledge, self-efficacy and literacy in predicting health behaviors in adolescents. Society of Behavioral Medicine, Washington, D.C., *Annals of Behavioral Medicine*, 41 (Suppl.), S217.

McCalla, J.R., Chipungu, K.E., Saab, P.G., Countryman, A.J., Fitzpatrick, S.L., **Etzel, E.**, et al. (April 2011). *Stages of change for dietary fat reduction, healthy eating self-efficacy, and reported food consumption in adolescents*. Poster presented at the 32<sup>nd</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C.

Viar, M., **Etzel, E.**, Ciesielski, B.G., David, B., & Olatunji, B. (November 2010). *Disgust, anxiety, and vasovagal syncope sensations in injection-fearful and nonfearful blood donors*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

**Etzel, E.N.**, Saab, P.G., Fitzpatrick, S.L., Countryman, A.J., Chipungu, K.E., McCalla, J.R., & Schneiderman, N. (April 2010). *Aerobic fitness is related to waist circumference in overweight adolescents*. Poster presented at the 31<sup>st</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Seattle, WA.

David, B., Simmons, C.R., **Etzel, E.N.**, & Olatunji, B.O. (February 2009). *Impact of conditioned disgust on moral judgment*. Poster presented at the 2009 Society for Personality and Social Psychology convention, Tampa, FL.

**Etzel, E.N.**, & Olatunji, B.O. (November 2008). *Affective predictors of vasovagal syncope reactions during blood donation among injection-fearful individuals*. Poster presented at the Annual Tennessee Psychological Association Convention, Nashville, TN.

David, B., Simmons, C.R., **Etzel, E.N.**, Gonzales, B.G., & Olatunji, B.O. (May 2008). *Disgust guides moral judgment*. Poster presented at the 20<sup>th</sup> annual convention of the Association of Psychological Science, Chicago, IL.

## TEACHING EXPERIENCE

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January 2012 -  
May 2012

### COURSE INSTRUCTOR

University of Miami, Coral Gables, FL (10 hrs./week)

- ◆ Taught PSY 202: Introduction to Psychobiology, an introductory undergraduate course focusing on behavior viewed from a biological perspective. Survey of biological factors related to sensation, perception, sleep, emotions, motivation, learning, memory, and development.
- ◆ Average student evaluation: 4.4 / 5

## PROFESSIONAL AFFILIATIONS & ACTIVITIES

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2009 – present

American Psychological Association (APA), Member

- APA Division 38, Health Psychology

2015 – present

National Register of Health Service Psychologists, Registered Member

2018 – present

Society of Behavioral Sleep Medicine, Member

2019 – present

Maryland Psychological Association (MPA), Member

2023 – present

American Association of Pain Psychology, Member

2016 – 2019

New Mexico Psychological Association (NMPA), Early Career Member

2014 – 2015

Chief Intern, Bruce W. Carter VAMC, 2014-2015

2013 – 2014

American Psychosomatic Society (APS), Member

2009 – 2015

Society of Behavioral Medicine (SBM), Member

- SBM Abstract Reviewer, 2012, 2013



## HONORS AND AWARDS

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September 2022	VA Gold Pin Award for service as Acting EVP Team Lead, fostering EVP VISN 5 expansion efforts, and training and mentoring new EVP staff
May 2022	VA COVID Surge Award for promptly resuming and increasing access to group-based care via VA Video Connect during the COVID-19 pandemic (To my knowledge, I was the first MH provider at VAMHCS to do so) and contributing to Employee Assistance Program COVID-19 wellness efforts
April 2022	VA Gold Pin Award for providing Resource Refresher presentation and materials on chronic pain management to Caregiver Support Program
July 2009 - June 2014	Kirschstein-NRSA Predoctoral Research Trainee in Behavioral Medicine Research in Cardiovascular Disease, Public Health Service
August 2012	Commendation on Doctoral Qualifying Exams in Basic Science & Psychopathology and Intervention & Ethics
April 2012	Society of Behavioral Medicine, Multiple Health Behavior Change Special Interest Group Student Research Award

## SELECTED TRAINING WORKSHOPS

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June 2022	<b>Emotional Awareness and Expression Therapy (EAET) for Chronic Pain Course</b> (10 hrs. + monthly consultation with Drs. Woller and Yarns) Mark Lumley, Ph.D., Howard Schubiner, M.D., Shannon Woller, Psy.D., & Brandon Yarns, M.D.
January 2022	<b>VA EBP Training in Cognitive-Behavioral Therapy for Insomnia (CBT-I)</b> (22.25 hrs. + completed 6 months of consultation in June 2022) Jennifer Runnals, Ph.D., Jason DeViva, Ph.D., Andrea Hekler, Ph.D., Elissa McCarthy, Ph.D., & Erin O'Brien Veara, Ph.D. Office of Mental Health and Suicide Prevention, VA Central Office
January 2021	<b>VA EBP Training in Cognitive-Behavioral Therapy for Chronic Pain (CBT-CP)</b> (20 hrs. + completed 6 months of consultation in July 2021) Hani Shabana, Ph.D., Chelita DuBois, Psy.D., & Susan Molano, LCSW Office of Mental Health and Suicide Prevention, VA Central Office
August 2019	<b>Professional Biofeedback Certificate Course</b> (42 hrs.) P. Anthony Hughes, Ph.D., MFT; Stens Corporation
November 2018	<b>Acceptance and Commitment Therapy (ACT) Bootcamp</b> (32 hrs.) Robyn D. Walser, Ph.D., Kelly G. Wilson, Ph.D., & Steven C. Hayes, Ph.D. Praxis Continuing Education and Training, Houston, TX
December 2015	<b>VA Regional Training in Cognitive Processing Therapy for PTSD</b> (15 hrs.) Madeleine Goodkind, Ph.D. New Mexico Veterans Affairs Healthcare System, Albuquerque, NM