

## Michelle K. Williams, M.S.

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The University of Chicago  
 Department of Psychiatry & Behavioral Neuroscience  
 5841 S. Maryland Avenue, MC 3077  
 Chicago, IL 60637  
 michelle.williams5@uchicagomedicine.org

### EDUCATION

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**Clinical Internship** **2024-present**  
*University of Chicago Medicine, Chicago, Illinois*

**Doctoral Student in Clinical Psychology (Ph.D. expected 2025)** **2020-present**  
*Indiana University-Indianapolis (IUI), Indianapolis, Indiana*  
 Emphasis: Clinical Health Psychology  
 Mentor: Jesse C. Stewart, Ph.D.  
 Dissertation: “Modernized Collaborative Care for Depression: Impact on Psychological Risk and Protective Factors for Diabetes and Intervention Process Outcomes among Diverse Sociodemographic Groups”

**M.S. Clinical Psychology** **2022**  
*Indiana University-Purdue University Indianapolis (IUPUI), Indianapolis, Indiana*  
 Emphasis: Clinical Health Psychology  
 Mentor: Jesse C. Stewart, Ph.D.  
 Thesis: “Longer-Term Mental Health Consequences of COVID-19 Infection: Moderation by Race and Socioeconomic Status”

**Medical Student** **2015-2018**  
*University of Florida College of Medicine, Gainesville, Florida*

**Bachelor of Science** **2011-2015**  
*University of Florida, Gainesville, Florida*  
 Major: Psychology                      Minor: Educational Studies

### HONORS & AWARDS

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- Graduate and Professional Educational Grant (\$500), *IUPUI* **2024**
- Psychology Departmental Travel Grant (\$750), *IUPUI* **2024**
- President’s Diversity Dissertation Year Fellowship (\$25,000), *IUPUI* **2023**
- Diversity Scholar, *American Psychosomatic Society* **2023**
- University Travel Fellowship (\$1,000), *IUPUI* **2023**
- Psychology Departmental Travel Grant (\$500), *IUPUI* **2023**
- Graduate and Professional Educational Grant (\$500), *IUPUI* **2023**
- Psychology Departmental Travel Grant (\$700), *IUPUI* **2022**
- Graduate and Professional Educational Grant (\$500), *IUPUI* **2022**
- PFFP Scholar, *Preparing Future Faculty and Professionals (PFFP) program* **2021**
- Honorable Mention, *Ford Foundation Fellowship* **2021**
- Psychology Departmental Research Grant (\$1,500), *IUPUI* **2020**
- Graduate Diversity Fellowship (\$25,000), *IUPUI* **2020**

- Medical Student Summer Research Fellowship, *The Lawrence M. Goodman Research Award* **2017**
- International Volunteer Certificate, *Peru Vivential* **2016**
- Graduated Cum Laude, *University of Florida* **2015**
- Summer Medical and Dental Education Scholar, *Duke University* **2013**
- Dean's List, *University of Florida* **2012**
- Presidential Gold Scholarship (\$32,000), *University of Florida* **2011**
- Bright Futures Full-Tuition Scholarship, *State of Florida* **2011**

## PEER-REVIEWED PUBLICATIONS

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- Chernyak, Y., Ofner, S., **Williams, M.K.**, Bolarwina, C., Manchanda, S., & Otte, J.L. (2024). Patient acceptability of behavioral sleep medicine referrals in an academic center. *Journal of Clinical Sleep Medicine*, 10.5664/jcsm.11252. Advance online publication. <https://doi.org/10.5664/jcsm.11252>
- Crawford, C.A., Carson, I.W., Polanka, B.M., **Williams, M.K.**, Higgins, A.B., Schuiling, M.D., & Stewart, J.C. (2024). Associations between sexual orientation dimensions and cardiometabolic Diseases: Data from the National Epidemiologic Survey on Alcohol and Related Conditions (NESARC-III). *Psychosomatic Medicine*.
- Schuiling, M.D., Shell, A.L., Callahan, C.M., Nurnberger, J.I., MacDonald, K.L., Considine, R.V., Wu, W., Hirsh, A.T., Crawford, C.A., **Williams, M.K.**, Lipuma, T.C., Gupta, S.K., Kovacs, R.J., Rollman, B.L., Stewart, J.C. (2024). Effect of depression treatment on health behaviors and cardiovascular risk factors in primary care patients with depression and elevated cardiovascular risk: Data from the eIMPACT Trial. *Psychological Medicine*.
- Williams, M. K.**, Crawford, C. A., Zapolski, T.C., Hirsh, A.T., & Stewart, J. C. (2024). Longer-Term mental health consequences of COVID-19 infection: Moderation by race and socioeconomic status. *International Journal of Behavioral Medicine*, 10.1007/s12529-024-10271-9. Advance online publication. <https://doi.org/10.1007/s12529-024-10271-9>
- Crawford, C. A., **Williams, M. K.**, Shell, A. L., MacDonald, K. L., Considine, R. V., Wu, W., Rand, K. L., & Stewart, J. C. (2023). Effect of modernized collaborative care for depression on brain-derived neurotrophic factor (BDNF) and depressive symptom clusters: Data from the eIMPACT trial. *Psychiatry Research*, 330, 115581. Advance online publication. <https://doi.org/10.1016/j.psychres.2023.115581>
- Shell, A. L., **Williams, M. K.**, Patel, J. S., Vransy, E. A., Considine, R. V., Acton, A. J., & Stewart, J.C. (2022). Associations of somatic depressive symptoms with body mass index, systemic inflammation, and insulin resistance in primary care patients with depression. *Journal of Behavioral Medicine*, 45(6), 882–893. <https://doi.org/10.1007/s10865-022-00356-9>
- Vitus, D., **Williams, M.K.**, Rizk, M., Neubert, J.K., Robinson, M., & Boissoneault, J. (2022). Analgesic effects of alcohol in adults with chronic jaw pain. *Alcoholism: Clinical and Experimental Research*, 00, 1-10. <https://doi.org/10.1111/acer.14883>
- Butcher, M.R., Thompson, K.M., **Williams, M.K.**, Cooke, B.K., Merlo, L.J. (2021). Assessment of student perspectives on improving wellness in medical school: Qualitative results from a cross-sectional survey of medical students in Florida. *Advances in Medical Education and Practice*, 12, 1067-1079. <https://doi.org/10.2147/AMEP.S323332>
- Ferguson, E., Vitus, D., **Williams, M.K.**, Anderson, M., LaRowe, L., Ditre, J. W., Stennett, B., & Boissoneault, J. (2021). Sex differences in associations between delay discounting and

- expectancies for alcohol analgesia. *Experimental and Clinical Psychopharmacology*, 30(6), 862–872. <https://doi.org/10.1037/pha0000517>
- Williams, M. K.**, Butcher, M. R., & Merlo, L. J. (2021). Letter in Reply [Response to Letter]. *Advances in Medical Education and Practice*, 12, 1283–1284. <https://doi.org/10.2147/AMEP.S346817>
- Williams, M. K.**, Vitus, D., Ferguson, E., Stennett, B., Robinson, M., & Boissoneault, J. (2021). Acute Tolerance to the Analgesic Effects of Alcohol. *Journal of Studies on Alcohol and Drugs*, 82(3), 422–430. <https://doi.org/10.15288/jsad.2021.82.422>
- Polles, A. G., **Williams, M. K.**, Phalin, B. R., Teitelbaum, S., & Merlo, L. J. (2020). Neuropsychological impairment associated with substance use by physicians. *Journal of the Neurological Sciences*, 411, 116714. <https://doi.org/10.1016/j.jns.2020.116714>
- Williams, M. K.**, Estores, I. M., & Merlo, L. J. (2020). Promoting resilience in medicine: The effects of a mind–body medicine elective to improve medical student well-being. *Global Advances in Health and Medicine*, 9, 2164956120927367. <https://doi.org/10.1177/2164956120927367>
- Williams, M. K.**, Greene, W. M., Leitner, S. A., & Merlo, L. J. (2020). Medical student spirituality and substance use. *Journal of Addiction Medicine*, 14(6), e316–e320. <https://doi.org/10.1097/ADM.0000000000000686>

#### MANUSCRIPTS UNDER REVIEW

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- Schuling, M.D., Wu, W., Polanka, B.M., Shell, A.L., **Williams, M.K.**, Crawford, C.A., MacDonald, K.L., Nurnberger, J.I., Callahan, C.M., & Stewart, J.C. (Invited Revision). Effect of depression treatment on subjective sleep parameters among primary care patients: Data from the eIMPACT trial.

#### MANUSCRIPTS IN PREPARATION

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- Williams, M.K.**, Shell, A.L., Wu, W., MacDonald, K.L., Callahan, C.M., Nurnberger, J.I., Crawford, C.A., Schuling, M.D., & Stewart, J.C. Effect of modernized collaborative care for depression on overlapping psychological risk and protective factors for cardiovascular disease: Data from the eIMPACT trial.
- Williams, M. K.**, Zapolski, T.C., Hirsh, A.T., & Stewart, J. C. Depression as a causal risk factor for type 2 diabetes: A critical analysis.

#### ORAL PRESENTATIONS

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- Williams, M.K.**, Crawford, C. A., Schuling, M. D., Shell, A. L., MacDonald, K. L., Bateman, D.R., Johnson, I.R., Gupta, S.K., Hirsh, A.T., & Stewart, J.C. (2025, March). *Modernized Collaborative Care for Depression: Impact on Psychological Risk and Protective Factors for Diabetes Among Sociodemographically Diverse Primary Care Patients*. Paper to be presented at the 82nd Annual Meeting of the Society for Biopsychosocial Science and Medicine, Seattle, WA.
- Crawford, C.A., Shell, A.L., Lipuma, T.C., Schuling, M.D., **Williams, M.K.**, Stewart, J.C. (2024, March). *Effect of Modernized Collaborative Care for Depression on Individual Depressive Symptoms: Data from the eIMPACT Trial*. Paper presented at the 2024 Annual Scientific Meeting of the American Psychosomatic Society, Brighton, United Kingdom.
- Schuling, M.D., Shell, A.L., Crawford, C.A., **Williams, M.K.**, Lipuma, T.C., Stewart, J.C. (2024, March). *Effect of Modernized Collaborative Care for Depression on Incident*

- Cardiovascular Disease Events: Results of the eIMPACT Trial*. Paper presented at the 2024 Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.
- Chernyak, Y.C., Shell, A.L., **Williams, M.K.**, Stahl, S.M., Manchanda, S.K., & Parker, N.P. (2023, November). *Psychological characteristics of patients undergoing hypoglossal nerve stimulator implant*. Paper presented at the 5th Annual Society of Behavioral Sleep Medicine Scientific Conference, San Diego, CA.
- Crawford, C.A., **Williams, M.K.**, Shell, A.L., MacDonald, K.L., Considine, R.V., & Stewart, J.C. (2023, March). *Effect of modernized collaborative care for depression on Brain-Derived Neurotrophic Factor (BDNF) and depressive symptom clusters: Data from the eIMPACT trial*. Paper presented at the 2023 Annual Scientific Meeting of the American Psychosomatic Society, San Juan, Puerto Rico.
- Schuiling, M.D., Shell, A.L., Crawford, C.A., **Williams, M.K.**, Lipuma, T.C., & Stewart, J.C. (2023, March). *Effect of modernized collaborative care for depression on health behaviors and cardiovascular disease risk factors: Results of the eIMPACT trial*. Paper presented at the 2023 Annual Scientific Meeting of the American Psychosomatic Society, San Juan, Puerto Rico.
- Williams, M.K.**, Crawford, C.A., Zapolski, T.C., Hirsh, A.T., & Stewart, J.C. (2023, March). *Longer-Term mental health consequences of COVID-19 infection: Moderation by race and socioeconomic status*. Paper presented at the 2023 Annual Scientific Meeting of the American Psychosomatic Society, San Juan, Puerto Rico.
- Schuiling, M.D., Polanka, B.M., Shell, A.L., **Williams, M.K.**, Crawford, C.A., MacDonald, K.L., & Stewart, J.C. (2022, March). *Effect of depression treatment on subjective sleep parameters among primary care patients: Data from the eIMPACT trial*. Paper presented at the 2022 Annual Scientific Meeting of the American Psychosomatic Society, Long Beach, CA.
- Stewart, J.C., **Williams, M.K.**, Gupta, S.K., Nurnberger, J.I., Considine, R.V., Gao, S., Wu, W., Kovacs, R.J., MacDonald, K.L., Patel, J.S., Vrany, E.A., Berntson, J., Polanka, B.M., Hsueh, L., Shell, A.L., Rollman, B.L., Callahan, C.M. (2022, September). *Delivery and outcomes of modernized collaborative care for depression among primary care patients from a safety net healthcare system: Results from the eIMPACT trial*. Paper presented at the 11<sup>th</sup> Scientific Meeting of the International Society for Research on Internet Interventions (ISRII), Pittsburgh, PA.
- Williams, M.K.**, Shell, A.L., Wu, W., Crawford, C.A., Schuiling, M.D., MacDonald, K.L., & Stewart, J.C. (2022, March). *Effect of modernized collaborative care for depression on overlapping psychological risk and protective factors for cardiovascular disease: Data from the eIMPACT trial*. Paper presented at the 2022 Annual Scientific Meeting of the American Psychosomatic Society, Long Beach, CA.

## POSTER PRESENTATIONS

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- Schuiling, M. D., Keirns, N.G., MacDonald, K. L., **Williams, M.K.**, Bateman, D.R., & Stewart, J.C. (2025, March). *Effect of Modernized Collaborative Care for Depression on Diabetes-Relevant Health Behaviors: eIMPACT-DM Pilot Trial*. Poster to be presented at 82nd Annual Meeting of the Society for Biopsychosocial Science and Medicine, Seattle, WA.
- Williams, M.K.**, Crawford, C. A., Schuiling, M. D., Shell, A. L., MacDonald, K. L., Bateman, D.R., Johnson, I.R., Gupta, S.K., Hirsh, A.T., & Stewart, J.C. (2025, March). *Feasibility*

- and Acceptability of Modernized Collaborative Care for Depression Among Sociodemographically Diverse Primary Care Patients: Results from the eIMPACT-DM Trial.* Poster to be presented at the 46th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.
- Williams, M.K.**, Zapolski, T.C., Hirsh, A.T., & Stewart, J.C. (2024, March). *Depression as a Causal Risk Factor for Type 2 Diabetes: A Critical Review.* Poster presented at the 2024 Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.
- Crawford, C.A., Carson, I.W., Polanka, B.M., **Williams, M.K.**, Higgins, A.B., Schuiling, M.D., & Stewart, J.S. (2023, March). *Associations between sexual orientation dimensions and cardiometabolic diseases: Data from the National Epidemiologic Survey on Alcohol and Related Conditions (NESARC-III).* Citation Poster presented at the 2023 Annual Scientific Meeting of the American Psychosomatic Society, San Juan, Puerto Rico.
- Lipuma, T.C., Schuiling, M.D., **Williams, M.K.**, Crawford, C.A., Jones, Z.M., Considine, R.V., & Stewart, J.S. (2023, March). *Associations of somatic depressive symptoms with inflammation biomarkers in primary care patients with depression.* Citation Poster presented at the 2023 Annual Scientific Meeting of the American Psychosomatic Society, San Juan, Puerto Rico.
- Shell, A. L., Schuiling, M. D., **Williams, M. K.**, Crawford, C. A., MacDonald, K. L., Considine, R. V., Acton, A. J., & Stewart, J. C. (2022, March). *Effect of depression treatment on somatic depressive symptoms and diabetes risk markers among people without diabetes: Data from the eIMPACT trial.* Poster presented at the 2022 Annual Scientific Meeting of the American Psychosomatic Society, Long Beach, CA.
- Vitus, D., **Williams, M. K.**, Rizk, M., Robinson, M., Neubert, J. K., & Boissoneault, J. (2021, March). *Acute alcohol intake increases discriminability of noxious pressure in an experimental facial pain paradigm.* Poster presented at Collaborative Perspectives on Addiction (CPA) Meeting, Virtual Format.
- Vitus, D., Stennett, B., Ferguson, E., **Williams, M.K.**, Robinson, M., Nixon, S. J., & Boissoneault, J. (2020, April). *A quantitative sensory testing study of acute tolerance to the analgesic effects of alcohol.* Poster presented at Collaborative Perspectives on Addiction (CPA) Meeting, San Diego, CA. (Conference canceled).
- Bruce, C., **Williams, M.K.**, Rousseau, C., Estores, I., & Merlo, L.J. (2018, November). *Promoting resilience in medicine: The effects of a mind body elective on medical student wellness (Update).* Poster presented at the Association of American Medical Colleges Annual Meeting, New Orleans, LA.
- Williams, M.K.**, & Merlo, L.J. (2018, June). *Promoting resilience in medicine: The effects of a mind body elective on medical student wellness.* Poster presented at Advances in Medical Education, Jacksonville, Fl.

## **INVITED PRESENTATIONS**

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- Cunningham, S.J., Henderson, D., Murphy, P., & **Williams, M.K.** (2023, February). *2022 Fall conference follow-up session: Practical application of the APA practice guidelines.* Seminar presented through the Indiana Psychological Association Webinar Series.
- Cunningham, S.J., Henderson, D., Murphy, P., & **Williams, M.K.** (2022, November). *Empirically-supported clinical practice in specialty areas: The quick-start guide to fostering multicultural competency.* Seminar presented at the 2022 Indiana Psychological Association Fall Conference.

## RESEARCH EXPERIENCE

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### Graduate Research Assistant

August 2020-present

*Cardiovascular Behavioral Medicine Laboratory*

**Supervisor:** Jesse C. Stewart, Ph.D.

eIMPACT-DM Pilot Trial: Depression Treatment to Reduce the Excess Diabetes Risk of People with Depression and Prediabetes (PI: Jesse C. Stewart, Ph.D.)

Worked as part of a multidisciplinary healthcare team on a pilot randomized controlled trial investigating the utility of a modernized depression intervention in reducing diabetes risk in primary care patients with depression and prediabetes. Recruited participants from Eskenazi Health (one of the nation's largest safety net healthcare systems), conducted brief screenings for cognitive impairment, assessed depression symptomology, and screened medical histories. Coordinated pre-treatment and post-treatment assessment visits within a multidisciplinary team. Implemented suicidal ideation protection protocol, as needed. Performed data cleaning and scoring and provided database management. Currently contribute to secondary data analyses and manuscript preparation.

### Graduate Research Assistant

May 2021-August 2023

*Cardiovascular Behavioral Medicine Laboratory*

**Supervisor:** Jesse C. Stewart, Ph.D.

Longer-Term Cardiovascular and Psychiatric Consequences of SARS-CoV-2 Infection: Prevalence and Insights into Shared Mechanisms (PIs: Subha V. Raman, M.D., Jesse C. Stewart, Ph.D.)

Worked as part of a multidisciplinary healthcare team on a pilot case-control study investigating the longer-term cardiovascular, psychiatric, inflammatory, and coagulation consequences of SARS-CoV-2 infection. Developed biopsychosocial questionnaires for patients with a history of COVID-19. Developed REDCap projects, conducted related trainings, and provided database management. Performed data cleaning and scoring.

### Research Assistant & Study Coordinator

October 2019-August 2020

*Center for Pain Research and Behavioral Health*

**Supervisor:** Jeff Boissoneault, Ph.D.

Conducted research applying psychophysics to understand pain perception and examine the relationship between pain and alcohol use in patients with chronic pain. Led project investigating the acute analgesic effects of alcohol on patients with chronic orofacial pain. Screened participants, analyzed anatomical regions, performed qualitative sensory testing, and administered assessments for depression, anxiety, resiliency, and typical drinking behavior.

### Research Assistant

August-December 2016 | March-October 2019

*University of Florida Department of Psychiatry*

**Supervisor:** Lisa J. Merlo, Ph.D., M.P.E.

Assisted with research projects related to well-being and impairment among healthcare professionals and trainees (i.e., wellness, burnout, substance use, mental health). Assisted with coding and secondary analysis of existing quantitative and qualitative data. Performed literature reviews; developed annotated bibliographies; contributed to writing, editing, and formatting papers for publication. Assisted with creation of charts, figures, and PowerPoint/poster presentations. Completed administrative tasks as directed.

### Medical Student Summer Research Fellow

Summer 2017

*University of Florida College of Medicine*

**Advisor:** Lisa J. Merlo, Ph.D., M.P.E.

Completed 10-week paid summer research fellowship between the first and second years of medical school. Project assessed the effect of participation in an elective course in mind-body medicine on medical student wellness and resilience. Worked with mentor to complete both

quantitative analyses and thematic analysis of free-response data. Assisted with literature review, preparation of results for conference presentations, and preparation of manuscript for submission.

### **Research Assistant**

**September 2012-May 2015**

*Florida Exposure and Anxiety Research Lab*

**Supervisor:** Joseph P. H. McNamara, Ph.D.

Completed all required HIPAA and IRB trainings. Examined treatment outcomes in children and adults suffering from obsessive compulsive disorder and other anxiety spectrum disorders. Coded exposure therapy for analysis, aided in cognitive behavioral therapy with exposure response prevention, administered and scored participant psychological assessments, conducted literature reviews, and aided in data management.

## **CLINICAL EXPERIENCE**

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### **Adult Health Psychology Doctoral Intern**

**July 2024-present**

*The University of Chicago Medicine: Chicago, Illinois*

**Supervisors:** Nancy Beckman, Ph.D., Daniel Fridberg, Ph.D., Devi Jayan, Ph.D., and Gregory Chasson, Ph.D.

Provide in-person and telehealth evidence-based interventions (e.g., Cognitive-Behavioral Therapy, Acceptance and Commitment Therapy, Empowered Relief) to a diverse patient population through rotations in Pain Management, Health Psychology, Transplant, Weight Management, Behavioral Medicine, and general outpatient mental health. Work within interdisciplinary teams and engage in weekly didactics. Provide weekly clinical peer supervision and biweekly precepting to internal medicine residents.

### **Psychology Practicum Student**

**August 2023-April 2024**

*Indiana Polyclinic: Indianapolis, Indiana*

**Supervisor:** Amber Fleming, Psy.D., HSPP

Provided in-person and telehealth evidence-based interventions (e.g., Cognitive-Behavioral Therapy for Chronic Pain, Acceptance and Commitment Therapy for Chronic Pain, Emotional Awareness and Expression Therapy [EAET]) to adult patients with chronic pain and mental health concerns in an interdisciplinary pain clinic. Worked within an interdisciplinary pain management team (i.e., psychologists, physicians, nurses, and occupational therapists) and collaborated in a weekly case conference. Conducted pre-surgical psychological evaluations for spinal cord stimulation implant.

### **Study Interventionist and Peer Supervisor**

**May 2021-November 2024**

*Treating Insomnia to Reduce Inflammation In HIV: A Pilot Trial*

**Supervisors:** Kendra Stewart, Ph.D., HSPP and John Guare, Ph.D.

**PIs:** Samir K. Gupta, M.D., M.S. and Jesse C. Stewart, Ph.D.

Delivered a technology-based psychological intervention (Cognitive-Behavioral Therapy for Insomnia) to HIV-positive adult patients with insomnia. Conducted insomnia assessments and collaborated on sleep diaries. Supported patients in the completion of CBTi by utilizing motivational interviewing and problem-solving strategies. Implemented suicidal ideation protection protocol, as needed. Provided clinical peer supervision to second-year graduate student interventionist.

### **Psychology Practicum Student**

**December 2022-July 2023**

*Indiana University Health Goodman Hall Neuroscience Center: Indianapolis, Indiana*

**Supervisor:** Daniel F. Rexroth, Psy.D.

Conducted neuropsychology assessments (e.g., WMS-IV, WAIS-IV, MMSE, Wisconsin Card Sorting Task, MMPI-2) for adult patients with cognitive concerns in an outpatient neuropsychology clinic. Engaged in intake interviews and feedback sessions. Administered, scored, and interpreted assessments and wrote integrated reports.

**Psychology Practicum Student**

**June 2022-June 2023**

*Indiana University Health Behavioral Sleep Medicine: Indianapolis, Indiana*

**Supervisor:** Yelena Chernyak, Ph.D., DBSM, HSPP

Provided in-person and telehealth consultations and evidence-based interventions (e.g., Cognitive-Behavioral Therapy for Insomnia) to adult patients with sleep difficulties in an outpatient behavioral sleep medicine clinic. Provided group CBT-I psychoeducation sessions. Collaborated with sleep disorder physicians to enhance patient care. Administered and scored brief symptom assessments (e.g., ISI, ESS). Triageed patients and provided referrals for general mental health care and other specialty care services. Conducted pre-surgical psychological evaluations for obstructive sleep apnea upper airway stimulation (hypoglossal nerve stimulator implant) and assisted in post-surgical optimization. Wrote SOAP notes in Cerner.

**Psychology Practicum Student**

**August 2021-May 2022**

*Indiana University Health Epler Parke Primary Care: Indianapolis, Indiana*

**Supervisor:** Shelley A. Johns, Psy.D., HSPP, ABPP

Provided behavioral health consultations (in-person and via telehealth) to primary care patients with various presenting problems (e.g., depression, anxiety, grief, trauma, insomnia). Provided evidence-based psychotherapy (e.g., Cognitive-Behavioral Therapy, Acceptance and Commitment Therapy). Administered and scored brief assessments to determine psychological symptom severity (e.g., PHQ-9, GAD-7). Provided referrals for longer-term mental health care. Wrote SOAP notes in Cerner.

## **SUPPLEMENTAL CLINICAL EXPERIENCE**

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**Child Life Volunteer**

**September-May 2019**

*Child Advocacy Center: Gainesville, Florida*

Assisted therapist in the play area by engaging with abused and neglected children awaiting an interview or therapy session. Researched new developments in therapy, psychology, fundraising, and victim advocacy to aid staff in best practices.

**Special Needs Caregiver**

**January-July 2019**

*Gainesville, Florida*

Promoted the wellbeing of a young adult with Down Syndrome. Provided support and taught communication skills through academic and recreational activities. Performed behavioral management, organized daily schedule, and ensured safety and achievement of self-care milestones.

**Medical Student Clinician (Outpatient Psychiatry Clinic Preceptorship)    November 2017**

*Sarkis Family Psychiatry: Gainesville, Florida*

Took histories of psychiatric patients and wrote Subject Object Assessment and Plan (SOAP) notes. Collaborated with patients on problem-solving strategies and created treatment plans.

**Medical Student Clinician (Volunteer)**

**November 2015-November 2017**

*Equal Access Clinic: Gainesville, Florida*



Performed histories and physicals on medically underserved patients with a variety of health conditions. Produced write-ups including a treatment plan and presented the cases to the supervising physician.

**Health Fair Volunteer, Southwest Advocacy Group**

**March 2017**

*Holly Heights: Gainesville, Florida*

Participated in a health promotion community outreach fair. Provided health information on nutrition, diabetes, and hypertension to tackle health disparities in an underserved area.

**SUPPLEMENTAL CLINICAL WORKSHOPS & TRAINING**

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**Clinical Workshop on Dialectical Behavior Therapy**

**2023**

*With Tamika C.B. Zapolski, Ph.D., IUPUI*

Participated in an intensive 1-day clinical workshop focused on utilizing the principles of Dialectical Behavior Therapy (DBT) and applying DBT skills to behavioral targets to enhance patients' mental health outcomes.

**Working with Suicidal People: Risk Assessment and Suicide-Specific Interventions** **2021**

*With Thomas E. Ellis, Psy.D, ABPP, IUPUI (Online)*

Participated in a 2-day clinical workshop to gain tools to effectively assess and provide support for patients experiencing suicidal ideation.

**Motivational Interviewing Workshop**

**2020**

*With Eric Comstock, M.A., LMFT, LCAC, IUPUI (Online)*

Participated in a 3-day clinical workshop to gain a range of tools aimed at assisting patients in discovering and cultivating their intrinsic motivation for change.

**The Biology of Resilience: Training Certificate**

**2019**

*National Child Advocacy Center (online)*

Earned a certificate from the National Child Advocacy Center for the successful completion of a training for effective interventions for trauma and toxic stress.

**Interviewing Children with ADHD**

**2019**

*National Child Advocacy Center (online)*

Completed online course on forensic interviewing strategies for children with ADHD.

**Child Abuse 101**

**2019**

*National Child Advocacy Center (online)*

Completed online course on the dynamics of child abuse and how to properly handle disclosure.

**TEACHING EXPERIENCE**

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**Invited Speaker**

**January 2023**

*Early Professional Development Seminar in Psychology: IUPUI*

Presented on strategic planning, formulating research ideas, and developing scientific writing skills in a course designed to support the professional development of first-year clinical psychology graduate students.

**Graduate Teaching Assistant**

**Fall 2022-Spring 2023**

*Career Planning for Psychology Majors: IUPUI*

Graded exams and essays related to professional development and career planning. Provided undergraduate students with feedback on professional development and answer their related questions.

**Graduate Teaching Assistant** **Spring 2022**

*Ethics and Diversity in Psychology: IUPUI*

Graded exams and essays related to ethics and diversity topics in psychology. Provided undergraduate students with feedback and answered their related questions.

**Graduate Teaching Assistant** **Fall 2021**

*Cognition: IUPUI*

Graded psychology laboratory assignments and essays. Provided undergraduate students with feedback and answered their related questions.

**English Teacher** **Summer 2016**

*Peru Vivential: Trujillo, Peru*

Created lesson plans and taught English classes to underprivileged children and adults in Peru.

## **SERVICE**

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**Diversity Committee Member** **2022-2024**

*Indiana Psychological Association: Fishers, Indiana*

Provide diversity consultations for psychologists in Indiana. Educate mental health professionals on methods to improve multicultural competence in clinical work. Work to address mental health disparities in Indiana.

**Student Committee Member** **2021-2024**

*Indiana Psychological Association: Fishers, Indiana*

Develop activities to further the training and professional development of psychology graduate students in Indiana. Write in an educational series (*PsychBytes*) to inform the general public, psychologists, and psychology graduate students across Indiana about current events and the latest psychology research to educate and support the Indiana community.

**Science Fair Judge** **November 2018**

*Howard Bishop Middle School: Gainesville, Florida*

Evaluated and deliberated on middle school student projects in the category of behavioral and social sciences.

## **PROFESSIONAL AFFILIATIONS**

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Society of Behavioral Medicine (Student Member) **2024-present**

American Psychosomatic Society (Student Member) **2022-present**

Indiana Psychological Association (Student Member) **2021-2024**

American Psychological Association Division 38 (Student Member) **2020-2021**

## **AD HOC REVIEWER**

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*Lipids in Health and Disease* **2024**

*Psychiatry Review* **2023**

*Global Advances in Health and Medicine* **2021**

## **PROFICIENCIES**

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**Additional Languages:** Spanish (intermediate)

**Statistical Software:** SPSS, R

**Databases/Platforms:** Qualtrics Survey Suite, REDCap, EPIC, CERNER