

# Natalie M. Perkins

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## EDUCATION

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- 2024      **Doctor of Philosophy, Clinical Psychology**  
Miami University, Oxford, OH  
Advisor: April Smith, Ph.D.
- 2018      **Master of Science, Psychological Science**  
Western Kentucky University, Bowling Green, KY  
Master's Thesis: Identifying clinical distinctions between non-suicidal self-injury and eating disorders in adolescents  
Advisor: Amy Brausch, Ph.D.
- 2016      **Bachelor of Science, Psychological Science, Summa Cum Laude**  
Western Kentucky University, Bowling Green, KY  
Honor's Thesis: Gender role identification, sexual orientation, and disordered eating behaviors in young adults  
Advisor: Amy Brausch, Ph.D.

## PEER-REVIEWED PUBLICATIONS

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4. Perkins, N. M., Ortiz, S. N., & Smith, A. R. (2020). Self-criticism longitudinally predicts nonsuicidal selfinjury in eating disorders. *Eating Disorders: The Journal of Treatment and Prevention*, 28, 157-170.
3. Perkins, N. M., Brausch, A. M. (2019). Body dissatisfaction and bulimia prospectively predict suicide ideation in adolescents. *International Journal of Eating Disorders*, 52, 941-949.
2. Forrest, L. N., Perkins, N. M., Lavendar, J. M., & Smith, A. R. (2019). Using network analysis to identify central eating disorder symptoms among men. *International Journal of Eating Disorders*, 52, 871-884.
1. Brausch, A. M., Perkins, N. M. (2018). Nonsuicidal self-injury and disordered eating: Differences in acquired capability and suicide attempt severity. *Psychiatry Research*, 266, 72-78.

Manuscripts Under Review

3. Ram, S. S., **Perkins, N. M.**, & Smith, A. R. Relations between implicit attitudes toward eating disorder stimuli and disordered eating urges in at-risk college women.
2. **Perkins, N. M.**, Brausch, A. M., Washburn, J. J. Identifying distinctions between non-suicidal self-injury and eating disorders in a clinical sample of adolescents.
1. **Perkins, N. M.**, Forrest, L. N., Kunstman, J. W., & Smith, A. R. Adapted to fear: Fearlessness about death is positively associated with heart rate variability.

#### Manuscripts in Preparation

3. **Perkins, N. M.**, De Riggi, M. E., Heath, N. L., & Hasking, P. A. Slipping through the cracks: The critical role of school principals in addressing and preventing self-injury among adolescents.
2. **Perkins, N. M.**, Ortiz, S. N., Smith, A. R., & Brausch, A. M. Temporal associations between suicide ideation and eating disorder symptoms in adolescents.
1. **Perkins, N. M.**, & Smith, A. R. Examining disordered eating and nonsuicidal self-injury through the lens of objectification theory: The role of interoceptive awareness and emotion reactivity.

### **ORAL CONFERENCE PRESENTATIONS**

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8. **Perkins, N. M.**, Hasking, P. A., De Riggi, M. E., & Heath, N. L. (June 2020). *Slipping through the cracks: The critical role of school principals in addressing and preventing self-injury among adolescents*. Symposium paper to be presented at the International Society for the Study of Self-Injury annual conference, Vienna, Austria.
7. Carney, E., Cipriano, A., Greene, D., Grez, N., & **Perkins, N. M.** (June 2020). *ISSS Collaboration Research Program junior researchers panel*. Panel to be presented at the International Society for the Study of Self-Injury annual conference, Vienna, Austria.
6. Ram, S. S., Forrest, L. N., **Perkins, N. M.**, Lavendar, J. M., & Smith, A. R. (November, 2019). *Using network analysis to identify central eating disorder symptoms among men*. Symposium paper presented at the Association for Behavioral and Cognitive Therapies annual convention, Atlanta, GA.
5. **Perkins, N. M.**, & Smith, A. R. (April, 2019). *A brief intervention targeting interoception reduces implicit association with suicide*. Symposium paper presented at the American Association of Suicidology annual conference, Denver, CO.

4. Smith, A. R., Forrest, L. N., & **Perkins, N. M.** (April, 2019). *Updates on the link between interoceptive deficits and suicidality: Testing longitudinal and objective measures*. Symposium paper presented at the American Association of Suicidology annual conference, Denver, CO.
3. **Perkins, N. M.**, Brausch, A. M., Washburn, J. J., & Smith, A. R. (April, 2019). *Clinical distinctions between nonsuicidal self-injury and eating disorders in adolescents*. Symposium paper presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.
2. **Perkins, N. M.**, & Brausch, A. M. (April, 2017). *Bulimia symptoms moderate the relationship between exercise motivations and suicide ideation*. Symposium paper presentation at the American Association of Suicidology annual conference, Phoenix, AZ.
1. **Perkins, N. M.**, & Brausch, A. M. (April, 2016). *Acquired capability and suicide-related concerns as related to recency and gender*. Symposium paper presentation at the American Association of Suicidology annual conference, Chicago, IL.

## CONFERENCE POSTER PRESENTATIONS

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16. **Perkins, N. M.**, Ram, S. S., & Smith, A. R. (November, 2020). *Examining disordered eating and nonsuicidal self-injury through the lens of objectification theory: the role of interoceptive awareness and emotional reactivity*. Poster submitted to the Association for Behavioral and Cognitive Therapies annual convention, Philadelphia, PA.
15. **Perkins, N. M.**, Ortiz, S. N., Smith, A. R., & Brausch, A. M. (April, 2020). *Examining the temporal associations between suicide ideation and eating disorder symptoms in adolescents*. Poster to be presented at the American Association of Suicidology annual conference, Portland, OR.
14. Forrest, L. N., **Perkins, N. M.**, Lavender, J. M., & Smith, A. R. (September, 2019). *Using network analysis to identify central eating disorder symptoms among men*. Poster presented at the Eating Disorder Research Society meeting, Chicago, IL.
13. **Perkins, N. M.**, Brausch, A. M., Washburn, J. J., & Smith, A. R. (March, 2019). *Identifying clinical distinctions between non-suicidal self-injury and eating disorders in adolescents*. Poster presented at the International Conference on Eating Disorders, New York City, NY.

12. **Perkins, N. M.**, Siewers, A., Miller, K., & Brausch, A. M. (April, 2018). *Bulimia and body dissatisfaction as prospective predictors of suicide ideation and attempts*. Poster presented at the American Association of Suicidology annual conference, Washington, D.C.
11. **Perkins, N. M.**, Bandel, S. L., Gregory, J., & Brausch, A. M. (November, 2017). *Emotion regulation dimensions as prospective predictors of non-suicidal self-injury, suicide ideation, and disordered eating in adolescents*. Poster presented at the Association for Behavioral and Cognitive Therapies annual convention, San Diego, CA.
10. Muehlenkamp, J. J., **Perkins, N. M.**, & Brausch, A. M. (November, 2017). *Positive predictors of NSSI recovery*. Poster presented at the Association for Behavioral and Cognitive Therapies annual convention, San Diego, CA.
9. Bandel, S. L., **Perkins, N. M.**, Gregory, J., & Brausch, A. M., (November 2017). *Cyberbullying as a concurrent and prospective predictor of nonsuicidal self-injury in adolescents*. Poster presented at the Association for Behavioral and Cognitive Therapies annual convention, San Diego, CA.
8. Bandel, S. L., Powers, J., **Perkins, N. M.**, & Brausch, A. M. (October 2017). *Predictors of self-injury and suicide ideation in a community adolescent sample*. Poster presented at the Southeast Regional IDeA Conference in Morgantown, WV.
7. Muehlenkamp, J. J., **Perkins, N. M.**, & Brausch, A. M. (June, 2017). *Perceived strengths and recovery from NSSI*. Poster presented at the International Society for the Study of Self-Injury annual conference, Philadelphia, PA.
6. **Perkins, N. M.**, Cox, E. M., & Brausch, A. M. (November, 2016). *The impact of religious affiliation on reasons for living and self-directed violence*. Poster presented at the Association for Behavioral and Cognitive Therapies annual convention, New York City, NY.
5. Brausch, A. M., **Perkins, N. M.**, Woods, S. E., McClay, M., & Engle, A. (June, 2016). *Affective problems, disordered eating, and depression as related to suicide ideation and nonsuicidal self-injury in adolescents*. Poster presented at the Biennial National IDeA Symposium of Biomedical Research Excellence (NISBRE), Washington, DC.

4. **Perkins, N. M., & Brausch, A. M.** (June, 2016). *Depression mediates the relationship between disordered eating and suicide ideation in adolescents*. Poster presented at the Biennial National IDEa Symposium of Biomedical Research Excellence (NISBRE), Washington, DC.
3. **Perkins, N. M., & Brausch, A. M.** (June, 2016). *Nonsuicidal self-injury, disordered eating, and suicide attempts as related to acquired capability in young adults*. Poster presented at the International Society for the Study of Self-Injury annual conference, Eau Claire, WI.
2. **Perkins, N. M., & Brausch, A. M.** (November, 2015). *Gender role identification, sexual orientation, and disordered eating behaviors in young adults*. Poster presented at the Association of Behavioral and Cognitive Therapies annual convention, Chicago, IL.
1. Brausch, A. M., Floyd, P. N., Martin, M. L., & **Perkins, N. M.** (April, 2015). *Triggers of suicide attempts, intent to die, and nonsuicidal self-injury in young adults*. Poster presented at the American Association of Suicidology annual conference, Atlanta, GA.

## RESEARCH EXPERIENCE

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### **Research on Eating Disorders and Suicidality Lab, Miami University**

Graduate Research Assistant

Oxford, OH

*Supervisor:* April Smith, Ph.D.

August 2018-present

- Designs and collects data for multiple laboratory and online studies examining self-injury, suicidal behavior, and eating disorders
- Administers structured clinical interviews to assess DSM-5 disorders and self-injurious thoughts and behaviors
- Collects and cleans psychophysiological data (electrocardiography)
- Coordinated risk screening and assessment, recruitment, scheduling, data analysis and management, and research assistant training for several intervention studies
- Manages team of undergraduate research assistants
- Trains undergraduate research assistants in psychophysiological data collection (electrocardiography, cardiac impedance, respiration) and a variety of laboratory-based experiments (rubber hand illusion, pain perception, future-alone paradigm)
- Designed and updates lab website

### **International Society for the Study of Self-Injury Collaborative Research Program**

Research Trainee

August 2019-present

*Supervisors:* Penelope Hasking, Ph.D & Nancy Heath, Ph.D.

- Invited by Dr. Hasking & Dr. Heath to receive mentorship and collaborate on a project focusing on school principals understanding of nonsuicidal self-injury in adolescents
- Aids in manuscript preparation, data analysis, and abstract preparation
- Project to be presented at the annual ISSS conference in June 2020

### **Suicide Prevention and Risk Behaviors Lab, Western Kentucky University**

Project Coordinator

Bowling Green, KY

*Supervisor:* Amy Brausch, Ph.D

August 2017-August 2018

- Managed recruitment, screening, and scheduling, programed behavioral measures, collected data, performed risk assessments, and debriefed participants for a large, longitudinal study of nonsuicidal self-injury and suicide in college students
- Coordinated data collection visits, programed behavioral measures, and performed risk assessments for a large, longitudinal study of nonsuicidal self-injury, suicide, and eating disorders in community middle and high school students
- Performed clinical interview for data collection, performed risk assessments, debriefed, coordinated scheduling with regional adolescent crisis unit, and programed behavioral measures for a treatment validation study with community adolescents at a residential crisis unit.
- Aided in manuscript preparation, data analysis, and abstract preparation
- Coordinated and trained undergraduate research assistants
- Designed and updated lab website
- Provided training in wrap-around risk assessment

Graduate Research Assistant

August 2016-July 2017

*Supervisor:* Amy Brausch, Ph.D.

- Coordinated data collection visits, programed behavioral measures, and performed risk assessments for a large, longitudinal study of nonsuicidal self-injury, suicide, and eating disorders in community middle and high school students
- Performed clinical interview for data collection, performed risk assessments, debriefed, coordinated scheduling with regional adolescent crisis unit, and programed behavioral measures for a treatment validation study with community adolescents at a residential crisis unit.
- Aided in manuscript preparation, data analysis, data entry and coding, and abstract preparation
- Coordinated and trained undergraduate research assistants

Undergraduate Research Assistant

January 2015-July 2016

*Supervisor:* Amy Brausch, Ph.D.

- Designed, programmed, and conducted online data collection for a study of eating disorders and gender role in college students
- Aided in manuscript preparation, data analysis, data entry and coding, and abstract preparation
- Facilitated data collection sessions for a large study of nonsuicidal self-injury, suicide, and emotion regulation in college students

### **Counseling and Testing Center, Western Kentucky University**

Graduate Research Intern

Bowling Green, KY

*Supervisor:* Masami Matsuyuki, Ph.D.

August 2017-May 2018

- Managed a study examining the use of a brief measure of psychological functioning with the center's clients
- Gave monthly briefings to counseling center staff on new and upcoming research projects, clientele demographics, co-occurring behaviors and psychological problems, notable findings within internal intake data, and new developments in the field
- Participated in clinical training on eating disorders, trauma, and substance use

## **HONORS AND AWARDS**

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2019	MU Graduate School Travel Funding (\$300)
2019	Department of Psychology Graduate Travel Award (\$700)
2019	Military Suicide Research Consortium Training Day (\$1000)
2018	WKU Graduate School Travel Grant (\$150)
2018	Ogden College of Science and Engineering Travel Grant (\$100)
2017	WKU Graduate School Travel Grant (\$500)
2017	Ogden College of Science and Engineering Travel Grant (\$200)
2017	Floyd-Ellis Memorial Scholarship Recipient

## **CLINICAL EXPERIENCE**

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### **Miami University Psychology Clinic**

Clinical Psychology Trainee

*Site Type:* Outpatient clinic serving youth, families, and adults

*Population:* Adult community members and college students

Integrative Psychotherapy Practicum

Oxford, OH

*Supervisor:* Deborah Wiese, Ph.D.

January 2020-May 2020

Presenting Problems/Diagnoses: Depression, anxiety, social anxiety, posttraumatic stress disorder, borderline personality disorder, ADHD, disordered eating, history of child abuse

- Provided individual therapy working from an integrative (interpersonal, feminist, multicultural) framework
- Provided weekly on-call services
- Conducted risk assessments

Practicum in Evidence-Based Practice

Oxford, OH

*Supervisor:* Terri Messman-Moore, Ph.D.

August 2019-December 2019

Presenting Problems/Diagnoses: Depression, anxiety, posttraumatic stress disorder, borderline personality disorder, disordered eating, history of child abuse

- Provided individual therapy using cognitive-behavioral and acceptance-based approaches
- Provided weekly on-call services
- Conducted risk assessments
- Participate in outreach activities

**Talawanda High School**

Group Co-Facilitator

Oxford, OH

*Site Type:* High school

September 2019-present

*Population:* Adolescent high school students enrolled in alternative school

*Supervisor:* Jennifer Green, Ph.D.

- Co-facilitates group for high school students on emotion regulation, interpersonal skills, and distress tolerance
- Draws from DBT framework to inform group topics and direction

**Research on Eating Disorders and Suicidality Lab, Miami University**

Clinical Interviewer

Oxford, OH

*Supervisor:* April Smith, Ph.D.

September 2019-present

- Conducts empirically-validated suicide risk assessments and administered structured clinical interviews to assess DSM-5 disorders and self-injurious thoughts and behaviors
- Completes safety planning interventions with at-risk participants

**Body Project, Miami University**

Group Co-Facilitator

Oxford, OH

*Supervisor:* April Smith, Ph.D.

September 2018-present



- Co-facilitates eating disorder prevention groups for students, faculty, and staff at MU focused on reducing body dissatisfaction and disordered eating behaviors and cognitions
- Conducts pre- and post-assessments to gauge program efficacy
- Organize and participate in outreach and recruitment activities

### **Suicide Prevention and Risk Behaviors Lab, Western Kentucky University**

Clinical Interviewer

Bowling Green, KY

*Supervisor:* Amy Brausch, Ph.D

August 2016-May 2018

- Conducted empirically-validated suicide risk assessments
- Completed safety planning interventions with at-risk participants
- Trained undergraduate research assistants in wrap-around risk assessment

## **ASSESSMENT PROFICIENCIES**

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### Administered Assessments

- Structured Clinical Interview for Diagnostic and Statistical Manual, 5<sup>th</sup> Edition (SCID-5)
- Diagnostic Interview for Anxiety, Mood, and OCD and Related Neuropsychiatric Disorders (DIAMOND)
- Mini-International Neuropsychiatric Interview (MINI)\*
- Self-Injurious Thoughts and Behaviors Interview (SITBI)\*
- Wechsler Intelligence Scale for Children, 5<sup>th</sup> Edition (WISC-V)\*\*
- Wechsler Adult Intelligence Scale, 4<sup>th</sup> Edition (WAIS-IV)\*\*
- Wechsler Individual Achievement Test, 3<sup>rd</sup> Edition (WIAT-III)\*\*

### Self-Report Questionnaires

- Alcohol Use Disorders Identification Test (AUDIT)
- Beck Anxiety Inventory (BAI)
- Beck Depression Inventory, 2<sup>nd</sup> Edition (BDI-II)
- Counseling Center Assessment of Psychological Symptoms (CCAPS-62)
- Difficulties in Emotion Regulation Scale (DERS)
- Dissociate Experiences Scale (DES)
- Eating Disorder Examination Questionnaire, 6<sup>th</sup> Edition (EDE-Q)
- Inventory of Altered Self-Capacities (IASC)
- PTSD Checklist for DSM-5 (PCL-5)
- Symptom Checklist 90 – Revised (SCL-90)
- Trauma and Attachment Belief Scale (TABS)
- Trauma Symptom Inventory, 2<sup>nd</sup> Edition (TSI-2)

\*denotes administered and scored in a research setting only

\*\*denotes training and practice with volunteers only

## TEACHING EXPERIENCE

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**Western Kentucky University**

Bowling Green, KY

SPSS Workshop Leader

June 2017

- Led a series of workshops teaching basic SPSS data entry, coding, and analysis for undergraduate research assistants enrolled in the NSF-funded Research Education for Undergraduates (REU) program
- Assigned, graded, and gave feedback on several assignments assessing working knowledge of SPSS

Teaching Assistant, Cognitive Psychology

January 2017-May 2017

*Supervisor:* Sharon Mutter, Ph.D.

- Assists with grading
- Tutors students in topics covered in class

## PROFESSIONAL AFFILIATIONS

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American Association of Suicidology

Association for Behavioral and Cognitive Therapies

International Society for the Study of Self-Injury

Midwestern Psychological Association

## CERTIFICATIONS & TECHNICAL SKILLS

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Collaborative Institutional Training Initiative

August 2012-present

- Social/Behavioral Research Course

Youth Mental Health First Aid Training

October 2018-present

Statistical Packaging for the Social Sciences (SPSS)

Proficient

Inquisit

Proficient

Python

Intermediate

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Intermediate