

JILLIAN A. CARTER

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Second-year clinical psychology graduate student at Auburn University in the Research on Eating Disorders and Suicide (REDS) Lab, mentored by Dr. April R. Smith, PhD. Research interests include intersections between eating disorders, suicide, and maladaptive exercise, aiming to inform and improve clinical interventions.

EDUCATION

Auburn University

Aug. 2025 – Present

Doctor of Philosophy (Ph.D.) in Clinical Psychology (GPA: 3.89)

Major Professor: Dr. April R. Smith, PhD

Activities: EAGLEs Graduate Student Subcommittee (2026–present), Graduate Program Council student representative (2025–present)

University of California, San Diego

Sep. 2018 – Dec. 2021

Bachelor of Science (B.S.) in Clinical Psychology

Minor in Human Developmental Sciences

Distinctions: *Magna Cum Laude* (GPA: 3.96), Provost Honors (Fall 2018 – Fall 2021)

Activities: Psychology Honors Program (2021), Psi Chi (2020–2021), Kappa Kappa Gamma – Zeta Nu Chapter (2018–2021)

RESEARCH EXPERIENCE

Research on Eating Disorders and Suicidality (REDS) Lab, Auburn University

Auburn, AL 36849

Supervisor: Dr. April R. Smith, PhD

Graduate Student

Aug. 2025 – Present

- Proposes, develops, and coordinates independent research projects
- Collaborates with REDS Lab members and members of other research laboratories in generating research output (conference submissions, peer-reviewed manuscripts)
- Provides training, supervision and research support to undergraduate research assistants

Graduate Student & Lab Manager

Aug. 2025 – Aug. 2026

- All responsibilities listed above, in addition to:
 - Assisting with management of following research projects:
 - Randomized control trial of an interoceptive awareness intervention aimed to improve behavioral health outcomes and resilience in an active duty service member sample (*Reconnecting to Internal Sensation and Experiences (RISE)* - *WRAIR IRB#: 3137*)
 - Randomized control trial of an interoceptive awareness intervention aimed to reduce eating pathology and suicide risk in a college student sample (*Auburn University IRB#: 22-001*)

- Longitudinal study investigating emotions, mood, and behavior with respect to multidimensional mental health in a college student sample (*Auburn University IRB#: 21-363*)
- Responsible for overseeing effective laboratory operations and study protocols, including IRB management, hiring and training undergraduate research assistants, coordinating laboratory meetings, and managing SONA studies

Predoctoral Fellow (AEOP) | Non-Employee Research Participant (ORISE) - Walter Reed Army Institute of Research - West (WRAIR-W)

Auburn, AL 36849

Aug. 2025 – Aug. 2026

Project Title: *Reconnecting to Internal Sensation and Experiences (RISE)*

Supervisors: Dr. Nathan Kearns, PhD & Dr. April R. Smith, PhD

- Awarded a funded Predoctoral Fellowship via the Army Educational Outreach Program (AEOP; Aug 2025 - Oct 2025), followed by a Non-employee Research Participant predoctoral fellowship via the Oak Ridge Institute for Science and Education (ORISE; Oct 2025 – Aug 2026)
- Responsible for tracking participant retention, data quality and data accuracy using Qualtrics XM
- Ensured timely assessment completion and participant compensation via direct participant contact
- Managed fund reporting and reconciliation with Auburn University's business office
- Created quarterly progress notes to Department of Defense (DoD) and modifications, continuing reviews, and correspondence with Auburn University's Institutional Review Board (IRB)

Volunteer Research Assistant, U.S. Department of Veterans Affairs

Remote

Apr. 2023 – Jan. 2025

Project Title: *Suicide Prevention by Peers Offering Recovery Tactics (SUPPORT)*

Supervisor: Dr. Samantha A. Chalker, PhD

- Volunteer for a clinical trial investigating the efficacy of a novel peer-led suicide prevention intervention for Veterans with serious mental illness (SMI)
- Participated in manuscript writing, grant support, and material development
- Listened to and coded Peer Specialist participant and Veteran participant appointments for internal fidelity to intervention curriculum
- Managed participant data in REDCap, CPRS, and secure R-drive

Undergraduate Research Assistant, U.S. Department of Veterans Affairs

San Diego, CA 92161

Jan. 2021 – Jan. 2022

Project Title: *Caring Cards for Veterans*

Supervisor: Dr. Blaire C. Ehret, PhD

- Co-facilitate weekly in-person group for Veteran participants to create supportive cards (“Caring Cards”) for Veteran peers in recovery for suicidal ideation / past attempts
- Created a therapeutic community while monitoring the behavior, activities, and feedback of study participants
- Extracted participant data from internal databases for manuscript preparation
- Participated in manuscript writing and data analysis processes

Psychology Honors Student, University of California, San Diego

San Diego, CA 92161

Jan. 2021 – Dec. 2021

Thesis Title: *Evidence-based practice attitudes and treatment outcomes: Examining relationships among adults with schizophrenia*

Thesis supervisor: Dr. Blaire C. Ehret, PhD

Program supervisors: Dr. Gail D. Heyman, PhD & Dr. Emma H. Geller, PhD

- Accepted to the University's Psychology Honors Program, designed for undergraduate students desiring graduate-level training in academic psychology
- Learned statistical analyses and data visualization using R Studio
- Created an Honors thesis and first-authored poster analyzing practitioners' beliefs regarding evidence-based practices in relation to their clients' treatment outcomes among a community sample of adults with serious mental illness / schizophrenia

Undergraduate Research Assistant, U.S. Department of Veterans Affairs

San Diego, CA 92161

May 2019 – Dec. 2020

Project Title: *Cannabidiol as an Adjunctive to Prolonged Exposure for the Treatment of PTSD*

Supervisor: Dr. Mallory J.E. Loflin, PhD

- Served as a Research Assistant in a randomized control trial examining medicinal oral cannabinoids in adjunct to prolonged exposure therapy for Veteran post-traumatic stress disorder (PTSD) treatment
- Ordered Schedule-I controlled substances via CPRS and VISTA platforms, ensuring orders are fulfilled and appointments are accurate per study protocol
- Screened participants for eligibility using clinical assessment batteries
- Conducted baseline, mid-treatment, and post-treatment assessments with study participants

CLINICAL EXPERIENCE

Graduate Student Clinician

Auburn, AL 36849

Aug. 2026 – Present

Clinic: Auburn University Psychological Services Center (AUPSC) – Harrison College of Pharmacy (HCOP)

Supervisor: Dr. Cassidy Brydon Chesnutt, Ph.D. & Dr. Nadia Bhuiyan, Ph.D.

- Under the supervision of a licensed clinical psychologist, provides psychological services to Auburn University's HCOP graduate pharmacy students
- Maintains a caseload of up to 30 clients seen biweekly, providing 1:1 client services
- Conducts client intake interviews involving detailed psychosocial, substance use, mental health and physical health histories
- Manages all prospective and current client contact, scheduling, and treatment session planning
- Certified in provision of telepsychological (telehealth) therapy services

Graduate Student Clinician

Auburn, AL 36849

Aug. 2026 – Present

Clinic: Auburn University Psychological Services Center (AUPSC)

Supervisors: Dr. Nadia Bhuiyan, Ph.D. & Dr. Cassidy Brydon Chesnutt, Ph.D.

- Under the supervision of a licensed clinical psychologist, delivers evidence-based outpatient services and psychological assessments to individuals across the lifespan.
- Proficient in administration and scoring of the following psychological assessments:
 - Diagnostic Interview for Anxiety, Mood, and OCD and Related Neuropsychiatric Disorders (DIAMOND)
 - Wechsler Individual Achievement Test, Fourth Edition (WIAT-4)
 - Wechsler Adult Intelligence Scale, Fifth Edition (WAIS-5)
 - Wechsler Intelligence Scale for Children, Fifth Edition (WISC-5)
- Trained in suicide risk management protocol and reporting learned or suspected abuse, neglect, or exploitation to Alabama Department of Human Resources
- Manages client contact, scheduling, and treatment session planning

Graduate Student Assessor

Auburn, AL 36849

Aug. 2025 – Present

Lab: Research on Eating Disorders and Suicide (REDS) Lab

Supervisor: Dr. April R. Smith, PhD

- Conducts comprehensive suicide risk assessments with Auburn University student research participants determined to be above minimal risk for self-injurious thoughts and behaviors
- Follows empirically based suicide risk management procedures (Joiner et al., 1999) in evaluating risk and protective factors, assessing lethal means, determining risk level, and documenting coping strategies
- Skilled in establishing and maintaining rapport, upholding confidentiality, and educating research participants about support services

PEER-REVIEWED PUBLICATIONS

2. Ehret, B. C., Pozun, C. T., Martinez Ceren, C., **Carter, J.**, Shriver, C., Ehret, P. J., Ferragut, B., Depp, C. A., Treichler, E., Doran, N., Granholm, E., & Chalker, S. A. (2025). Feasibility and Acceptability of Caring Cards: A Peer-to-Peer Recovery-Oriented Suicide Prevention Intervention for US Veterans. *Suicide & Life-Threatening Behavior*, 55(6), e70066. <https://doi.org/10.1111/sltb.70066>
1. Chalker, S., **Carter, J.**, Imai, Y., Depp, C., & Chinman, M. (2025). A recovery-oriented suicide prevention program led by peer specialists for veterans with serious mental illness: Protocol for a pilot randomized controlled trial. *JMIR Research Protocols*, 14, e66182. <https://doi.org/10.2196/66182>

MANUSCRIPTS UNDER REVIEW

5. Clancy, O. M., Billman Miller, M. G., **Carter, J. A.**, Lusich, R. L., Kinkel-Ram, S. S., & Smith, A. R. [Under Review]. Interoceptive sensibility and symptoms of avoidant/restrictive food intake disorder (ARFID) among United States college students: A network analysis.

4. Smith, A. R., Harris, L. M., Lee, J., & **Carter, J. A.** [Under Review]. When the body is no longer trusted: Body mistrust as a mediator between functional decline and suicidal ideation in middle-aged and older adults.
3. Chalker, S. A., Post, C., **Carter, J. A.**, Lopez, C., LeGrand, C., Chen, J., Jagannathan, A., Imai, Y., Twamley, E. W., Chinman, M., & Treichler, E. B. H. [Under Review]. Systematic co-design and iterative adaptation of a peer-delivered suicide prevention program for U.S. veterans with serious mental illness.
2. Clancy, O. M., Finkelstein, J. L., **Carter, J. A.**, Brown, T. A., Novak, J., & Smith, A. R. [Under Review]. The School of Hard Talks: A motivational interviewing-based training program for family-based treatment caregivers.
1. Chalker, S. A., **Carter, J. A.**, Hemingway, S. L., Downing, D., Patel, S. R., Goodman, M., & Waliski, A. [Under Review]. Feasibility, acceptability, and preliminary efficacy of a suicide prevention training for Veteran peers working within and outside healthcare systems.

MANUSCRIPTS IN PREPARATION (*INDICATES CO-FIRST AUTHORSHIP)

5. **Carter, J. A.***, Curran, C. M.*, & Smith, A. R. [In Preparation]. A psychometric analysis of the Fearlessness About Suicide Scale across age groups.
4. Curran, C. M., **Carter, J. A.**, Andrade-Frietchen, R. E., Clancy, O. M. [In Preparation]. Testing the Reconnecting to Internal Sensations and Experiences (RISE) self-guided intervention among United States undergraduate students.
3. Lusich, R., Harris, L. M., **Carter, J. A.**, Cash, E. I., Levinson, C. A., & Smith, A. R. [In Preparation]. Interoceptive variability in anorexia nervosa spectrum disorders.
2. Andrade-Frietchen, R. E., **Carter, J. A.**, Kinkel-Ram, S. S., Lehman, I., Benbow, K. L., Johnson, B. N., Yang, Z. R., Kung, F. Y. H., Smith, A. R., & Kunstman, J. W. [In Preparation]. Validating invalidation: A multi-sample psychometric analysis of the Social Pain Minimization Scale
1. Pictor, L. E., Clancy, O. M., **Carter, J. A.**, Andrade-Frietchen, R. E., Finkelstein, J. L., & Smith, A. R. [In Preparation]. Reflections in the (online) mirror: Appearance-related social media consciousness, disordered eating, and suicide risk.

ORAL PRESENTATIONS

3. **Carter, J. A.**, & Smith, A. R. (2026, April 15–17). *Disordered eating and later-life suicide risk: Investigating the roles of excessive exercise and muscle building*. [Conference presentation]. 2026 Suicide Research Symposium (SRS), Virtual.
2. Lusich, R., Henderson, R., Larsen, J., Huff, A., **Carter, J.**, Smith, A., & Ahlich, E. (2026, March 25–27). *The dual role of exercise in disordered eating behaviors*. [Conference presentation]. 2026 Southeastern Psychological Association (SEPA), New Orleans, LA.
1. Chalker, S. A., **Carter, J. A.**, Depp, C. A., Twamley, E. W., Chinman, M., & Hurst, S. (2025, April 23–25). *Mixed methods open pilot trial feedback to adapt a peer-delivered suicide prevention intervention*. [Conference presentation]. 2025 Suicide Research Symposium (SRS), virtual.

POSTER PRESENTATIONS (*INDICATES CO-FIRST AUTHORSHIP)

6. **Carter, J. A.***, Curran, C. M.*, & Smith, A. R. (2026, November 12–15). *A psychometric analysis of the Fearlessness About Suicide Scale across age groups*. [Poster presentation]. Association for Behavioral and Cognitive Therapies (ABCT) Annual Convention, Baltimore, MD. [Poster accepted for presentation.]
5. Smith, A. R., **Carter, J. A.**, Curran, C. M., Weinstein, A. P., Henry, D. R., & Kearns, N. T. (2026, August 3–6). *A scalable interoceptive intervention for suicide prevention: Development and military adaptation of RISE*. [Poster presentation]. Military Health System Research Symposium (MHSRS), Kissimmee, FL.
4. Smith, A. R., Harris, L. M., & **Carter, J. A.** (2026, June 3–5). *Testing body trust as a mechanism linking functional decline and eating disorder symptoms in midlife to older adults*. [Poster presentation]. International Conference on Eating Disorders (ICED), The Hague, Netherlands.
3. **Carter, J. A.**, & Smith, A. R. (2026, June 3–5). *Disordered eating and later-life suicide risk: Investigating the role of overexercise*. [Poster presentation]. International Conference on Eating Disorders (ICED), The Hague, Netherlands.
2. Smith, A. R., **Carter, J. A.**, Weinstein, A. P., Curran, C. M., Henry, D. R., & Kearns, N. T. (2026, May 6). *Adapting an interoception-focused intervention for service members through a military community advisory board: RISE-UP*. [Poster presentation]. 2026 Madigan Army Medical Center Research Day, Joint Base Lewis-McChord, WA.
1. **Carter, J. A.**, & Ehret, B. C. (2021, December 3). *Evidence-based practice attitudes and treatment outcomes: Examining relationships among adults with schizophrenia*. [Poster presentation]. 2021-2022 University of California, San Diego Psychology Honors Program Poster Presentation, virtual.

EDITORIAL REVIEWING EXPERIENCE

Ad hoc reviewer* for the following journals (2025 - present):

International Journal of Eating Disorders (n = 7)

Appetite (n = 2)

European Eating Disorders Review (n = 1)

Psychology and Psychotherapy: Theory, Research and Practice (n = 1)

*Co-reviewer with Dr. April R. Smith, Ph.D.

EMPLOYMENT HISTORY

Lead Referral Coordinator, Equip Health

Remote - Washington, DC 20001

Jan 2025 – Jun 2025

- Managed a team of referral coordinators at a national, evidence-based eating disorder treatment program
- Ensured white-glove referral management as well as pre- and post-admissions care coordination
- Utilized data analytics to deliver on company referral goals and admissions targets, including reductions in time from referral to admission and time from referral to team member outreach

Senior Referral Coordinator, Equip Health*Remote - Washington, DC 20001**Jan 2024 – Jan 2025*

- Coordinated patient referrals from providers, partner organizations, and health plans
- Created team resources and standard operating procedures (SOP), including a 60+ page comprehensive SOP and multiple internal training guides
- Collaborated on cross-functional initiatives in optimizing patient and provider experience

Referral Coordinator, Equip Health*Remote - Encinitas, CA 92024**Dec 2022 – Jan 2024*

- Responsible for patient referral coordination and data quality assurance
- Coordinated transitions of care with referring providers in managing caseload averaging 80 prospective patients moving through the admissions pipeline
- Leveraged Excel and Sheets formulas (e.g., VLOOKUP) in auditing patient and outreach data

Provider Relations Specialist, Equip Health*Remote - San Diego, CA 92122**Jul 2022 – Dec 2022*

- Conducted outreach and account management support to external care providers
- Operated internal communication channels for referral management and inquiry response
- Participated in cross-functional initiatives such as research projects, data auditing and referral management in serving as a liaison for external providers

Administrative Assistant, National Alliance on Mental Illness*3160 Camino del Rio South, San Diego, CA 92108**Feb 2022 – Jul 2022*

- Provided clerical, administrative and client support to the Next Steps program
- Connected outpatient and inpatient clients to dedicated Family and Peer Support Specialists via county-sponsored community care
- Responsible for effective operation of the program office, including care coordination, call center support, and data management

Behavioral Health Technician, Montecatini Eating Disorder Treatment Center*2524 La Costa Ave, Carlsbad, CA 92009**Oct 2021 – Feb 2022*

- Monitored patient activities and progress at residential treatment center (RTC) for female-identifying persons aged 16 through 55 with primary eating disorder diagnoses
- Provided milieu support, medical transportation, crisis intervention techniques, and behavioral intervention to residents
- Served as a liaison between patients and clinical staff

Academic Integrity Mentor, U.C. San Diego – Office of Academic Affairs*301 Myers Drive, San Diego, CA 92161**Jun 2020 – Dec 2021*

- Supported and coached 50+ undergraduate and graduate students with academic integrity violations through a series of one-on-one mentorship meetings

- Exemplified professional communication and leadership when engaging in confidential support meetings with assigned mentees

Student Marketing Assistant, U.C. San Diego Eating Disorders Center

4510 Executive Drive, Suite 315, San Diego, CA 92121

Oct 2018 – Mar 2019

- Audited data, updated patient records, and transcribed medical documents for Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP)
- Responsible for marketing and outreach, including designing newsletters, creating social media publications, and distributing materials

ADVOCACY EXPERIENCE

Eating Disorders Coalition (EDC) Advocacy Day 2024

2 E Capitol St, Washington, DC 20003

May 2024

- Lobbied at the U.S. Capitol building with other eating disorder professionals and allies/advocates nationwide in garnering congressional support for the Kids Online Safety Act and the Nutrition Cares Act
- Shared eating disorder information and related narratives from the field with bipartisan congressional staff

Eating Disorders Coalition (EDC) Advocacy Day 2023

Virtual - San Diego, CA

May 2023

- Met with eating disorder professionals, allies, and advocates in advocating for bipartisan support for the Kids Online Safety Act and the Improving Mental Health and Wellness in Schools Act
- Shared information regarding suicide prevention and eating disorder awareness with congressional staff

PROFESSIONAL MEMBERSHIPS

- American Psychological Association (APA) *Mar 2026 – Present*
- Southeastern Psychological Association (SEPA) *Sep 2025 – Present*
- Association for Behavioral and Cognitive Therapies (ABCT) *Aug 2025 – Present*
- Academy for Eating Disorders (AED) *Jul 2022 – Present*

SCHOLARSHIPS AND AWARDS

- 2021 Escondido Alumnae Panhellenic Scholarship (\$1000)
- 2021 Kappa Kappa Gamma Foundation Merit Scholarship (\$3000)
- 2020 Kappa Kappa Gamma Foundation Merit Scholarship (\$3000)
- 2018 UCSD College Panhellenic Association New Member Merit Scholarship (\$500)

LEADERSHIP EXPERIENCE

EAGLEs Graduate Student Subcommittee – Auburn University

- Co-chair (Aug. 2026 – Present)

Graduate Program Council, Department of Psychology – Auburn University

- Second Year Representative (Aug. 2026 – Present)
- First Year Representative (Aug. 2025 – Aug. 2026)

Equip for All (EFA) – Equip Health

- 2024-2025 Charter Member (Aug. 2024 – Mar. 2025)

Kappa Kappa Gamma Fraternity, Zeta Nu Chapter – University of California, San Diego

- President (Jan. 2021 – Dec. 2021)
- Vice President, Organization (Jan. 2020 – Dec. 2020)
- Junior Vice President, Service - College Panhellenic Association (Jan. 2019 – Dec. 2019)

CERTIFICATES

National Alliance on Mental Illness (NAMI)

Mar 2022 – May 2022

NAMI Career Pathways Peer & Family Support Specialist Training

This 40-hour virtual, live training offered by the National Alliance on Mental Illness fulfilled the state of California’s required training component for Peer and/or Family Support Specialist certification.

SKILLS

- **English:** Native Language
- **Spanish:** Early Intermediate (CEFR Level B1; California Seal of Biliteracy earned with high school diploma June 2018)
- **Data Management and Analytics:** Experience with Microsoft Excel, Qualtrics, SPSS, R/R Studio, Mplus, SONA, Salesforce, REDCap
- **EHR/EMR Systems:** Proficient in Epic, Cerner, CPRS, Vista