

**Shruti S. Kinkel-Ram, M.A.**  
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## EDUCATION

### Miami University

**Doctor of Philosophy in Clinical Psychology** Anticipated Aug. 2025  
**Advisors:** Dr. April Smith, PhD., Dr. Jeffrey Hunger, PhD. Oxford, OH  
 Dissertation: “*Testing Interoceptive Dysfunction as a Mediator of the Relation Between Weight Stigma and Disordered Eating*”

### Miami University

**Master of Arts in Clinical Psychology** March 2021  
**Committee Chair:** Dr. April Smith, PhD. Oxford, OH  
 Thesis: “*Examining Weekly Relationships Between Obsessive-Compulsive and Eating Disorder Symptoms*”

### Centre College

**Bachelor of Science in Psychology; Minor in Behavioral Neuroscience** May 2017  
**Advisor:** Dr. Jan Wertz, PhD. Danville, KY  
 Senior Thesis: “*The Effect of Expressive Writing and Positive Psychology on Female Body Image and Well-Being*”

## GRANTS, AWARDS, AND RECOGNITIONS

<b>Academy of Eating Disorders Assessment and Diagnosis SIG Young Investigator Award, Honorable Mention</b>	May 2023
<b>Dissertation Scholar Award (\$18,762)</b>	Feb. 2023
<b>Graduate Student Achievement Award (\$350)</b>	Nov. 2022
<b>Letter of Commendation from Psychology Department</b>	Dec. 2021
<b>Academy for Eating Disorders RSH Fellowship (\$1500)</b>	Jan. 2021
<b>Miami University Graduate School Association Conference Funding (\$150-300)</b>	Multiple
<b>Miami University Psychology Department Travel Funding (\$450)</b>	Multiple
<b>Miami University Graduate Assistantship (\$19,800 annually)</b>	Aug. 2019 – Present
<b>Centre College Psychology Prize (\$250)</b>	May 2017
<b>Centre College Parents’ Fund Summer Internship Funding (\$1000)</b>	May 2016 – Aug. 2016
<b>Centre College Founders Scholarship (\$16,000 annually)</b>	Aug. 2013 – May 2017

## MANUSCRIPT PUBLICATIONS IN PRINT (*n*=22)

*\*Indicates mentored undergraduate student co-author*

22. **Kinkel-Ram, S. S.**, Staples, C., Rancourt, D., & Smith, A.R. (2022). Food for thought: Examining the relation between aestheticized foods in Instagram feeds and disordered eating symptoms among undergraduate women. *Eating Behaviors*, 47. doi:10.1016/j.eatbeh.2022.101679

21. **Kinkel-Ram, S. S.**, Grunewald, W., Ortiz, S. N., Magee, J., & Smith, A.R. (2021). Examining weekly relationships between eating disorder and obsessive-compulsive symptoms. *Journal of Affective Disorders*. doi:10.1016/j.jad.2021.10.105
20. **Kinkel-Ram, S. S.**, Williams, B. M., Ortiz, S. N., Forrest, L. N., Magee, J., Levinson, C. A., & Smith, A.R. (2021). Testing intrusive thoughts as illness pathways between eating disorders and obsessive-compulsive disorder symptoms: A network analysis. *Eating Disorders: The Journal of Treatment & Prevention*. doi:10.1080/10640266.2021.1993705
19. **Kinkel-Ram, S. S.**, Grunewald, W., Bodell, L., & Smith, A.R. (2021). Unsound sleep, wound-up mind: A longitudinal examination of sleep disturbances, agitation and suicidal ideation in an eating disorder sample. *Psychological Medicine*, 1-9. doi:10.1017/S003329172100310X
18. **Kinkel-Ram, S. S.**, Perkins, N., Ribeiro, J., Franklin, J., & Smith, A. R. (2021). Relations between implicit attitudes toward eating disorder stimuli and disordered eating urges among at-risk college women. *Eating Behaviors*. doi:10.1016/j.eatbeh.2021.101499
17. **Kinkel-Ram, S. S.**, Kunstman, J., Hunger, J. & Smith, A. R. (2021) Examining the relation between discrimination and suicide among Black Americans: The role of social pain minimization and decreased bodily trust. *Stigma and Health*. doi:10.1037/sah0000303
16. Sahlan, R. N., **Kinkel-Ram, S. S.**, Uzoegwu, K., Wong, V. & Smith, A. (in press) Eating disorder symptoms, attention deficit/hyperactivity disorder symptoms, and executive functioning deficits in Iranian college students: A network analysis. *Journal of Social and Clinical Psychology*.
15. Sahlan, R. N., **Kinkel-Ram, S. S.**, Uzoegwu, K., & Smith, A. (2023) COVID-19, insomnia, and eating disorder psychopathology among Iranian college students. *Journal of Affective Disorders Reports*, 100601. doi: 10.1016/j.jadr.2023.100601
14. Grunewald, W., **Kinkel-Ram, S. S.**, & Smith, A. R. (2023) Fear of fat moderates the association between contamination disgust and eating concerns. *Journal of Social and Clinical Psychology*. doi: 10.1521/jscp.2023.42.3.214
13. Smith, A. R., **Kinkel-Ram, S. S.**, Grunewald, W., & Raval, V. (2022). A Pilot Feasibility Study of Reconnecting to Internal Sensations and Experiences (RISE), a Mindfulness-Informed Intervention to Reduce Interoceptive Dysfunction and Suicidal Ideation, among University Students in India. *Brain Sciences*. doi:10.3390/brainsci12020237
12. Grunewald, W., **Kinkel-Ram, S. S.**, & Smith, A. R. (2022). Conformity to masculine norms, masculine discrepancy stress, and changes in muscle dysmorphia symptoms. *Body Image*, 40. doi:10.1016/j.bodyim.2022.01.001
11. Vanzhula, I.A., **Kinkel-Ram, S. S.**, & Levinson, C. A. (2021). Perfectionism and difficulty controlling thoughts bridges eating disorder and obsessive-compulsive disorder: A network analysis. *Journal of Affective Disorders*. doi:10.1016/j.jad.2021.01.083
10. Sala, M., **Ram, S. S.**, Vanzhula, I. A., & Levinson, C. A. (2020). Mindfulness and eating disorder psychopathology: A meta-analysis. *International Journal of Eating Disorders*. doi:10.1002/eat.23247
9. Grunewald, W., Ortiz, S. N., **Kinkel-Ram, S. S.**, & Smith, A. R. (2022). Longitudinal Relationships between Muscle Dysmorphia Symptoms and Suicidal Ideation. *Suicide and Life-Threatening Behavior*, 52, 683-695. doi:10.1111/sltb.12852
8. Ortiz, S. N., Forrest, L. N., **Kinkel-Ram, S. S.**, Jacobucci, R. C., & Smith, A. R. (2021). Using shape and weight overvaluation to empirically differentiate severity of other specified feeding or eating disorder. *Journal of Affective Disorders*. doi:10.1016/j.jad.2021.08.049

7. Levinson, C. A., Christian, C., **Ram, S. S.**, Michelson, L., Vanzhula, I. A., Brosof, L. C., & Williams, B. (2020). Eating disorder symptoms and core eating disorder fears decrease during online imaginal exposure therapy for eating disorders. *Journal of Affective Disorders*. doi:10.1016/j.jad.2020.07.075
6. Levinson, C. A., Brosof, L. C., **Ram, S. S.**, Pruitt, A., Russell, S., & Lenze, E. J. (2019). Obsessions are strongly related to eating disorder symptoms in anorexia nervosa and atypical anorexia nervosa. *Eating Behaviors*, 34. doi:10.1016/j.eatbeh.2019.05.001
5. Levinson, C. A., Christian, C., **Ram, S. S.**, Brosof, L.C., & Williams, B. (2019). Sensor technology implementation for research, treatment, and assessment of eating disorders. *International Journal of Eating Disorders*. doi:10.1002/eat.23120
4. Smith, A. R., Witte, T. K., Grunewald, W., **Kinkel-Ram, S.**, Santivasci, C., Crosby, E., Williams, T., Esche, A., Tubman, D., & Dretsch, M. (2023). Disrupted interoception in Military Service Members and Veterans with a history of suicidality. *Suicide and Life-Threatening Behavior*. doi:10.1111/sltb.12942
3. Smith, A. R., Forrest, L. N., Perkins, N. M., **Kinkel-Ram, S. S.**, Bernstein, M. J., & Witte, T. K. (2021) Reconnecting to internal sensation and experiences: Development of an online intervention to improve interoception and results from a pilot feasibility study. *Behaviour Therapy*. doi:10.1016/j.beth.2021.02.001
2. Christian, C., Brosof, L. C., Vanzhula, I. A., Williams, B. M., **Ram, S. S.**, & Levinson, C. A. (2019). Implementation of a dissonance-based, eating disorder prevention program in Southern, all-female high schools. *Body Image*, 30, 26-34. doi:10.1016/j.bodyim.2019.05.003
1. Smith, A. R., Witte, T. K., Troop-Gordon, W., Grunewald, W., Crosby, E., **Kinkel-Ram, S. S.**, Santivasci, C., Chamberlin, J., Williams, T., Hill, K., Aguon-Larson, C., Harris, I., Esche, A., Tubman, D., & Dretsch, M. (invited revision). Reconnecting to Internal Sensations and Experiences (RISE): An online, multi-session intervention improves interoceptive sensibility for military personnel. *Suicide and Life-Threatening Behavior*. doi: 10.1111/sltb.12994

#### **MANUSCRIPTS UNDER REVIEW**

1. Kunstman, J. W., **Kinkel-Ram, S. S.**, Benbow, K. L., Hunger, J. M. & Smith, A. R. (under review) Discrimination, social pain minimization, and sleep.

#### **SELECT MANUSCRIPTS IN PREPARATION**

**Kinkel-Ram, S. S.**, Grunewald, W., Levinson, C. A., & Smith, A. R. (in preparation). A network analysis investigation of eating disorder symptoms in a sample of military members.

**Kinkel-Ram, S. S.**, \*Stackpole, L., & Hunger, J. M. (in preparation) The Role of Weight Stigma and Internalized Weight Bias on Eating Disorder Mechanisms and Outcomes among Lesbian, Gay and Bisexual Individuals.

Smith, A. R., **Kinkel-Ram, S. S.**, Forrest, L. N., & Chamberlin, J. (in preparation). Longitudinal and personalized networks of suicide: A proof of concept study for personalized treatment interventions.

Levinson, J., **Kinkel-Ram, S. S.**, & Hunger, J. M. (in preparation). A systematic review of weight stigma and disordered eating.

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#### **ORAL CONFERENCE PRESENTATIONS (n=19)**

*\*Indicates mentored undergraduate student co-author*

19. **Kinkel-Ram, S. S.,** \*Stackpole, L., & Hunger, J. M. (Nov. 2023) Examining Internalized Weight Bias Among Sexual Minority Men. In S. Kinkel-Ram (chair), *Weight Bias and Disordered Eating among Sexual and Gender Minority Individuals*. Symposium to be presented at the annual meeting of the Association of Behavior and Cognitive Therapies, Seattle, WA.
18. **Kinkel-Ram, S. S.,** & Smith, A. R. (Nov. 2023) A Network Analysis Investigation of Sleep Problems and Disordered Eating Among Military Members. In K. Christensen (chair), *Expanding Understanding of Sleep Processes and Eating Disorder Pathology*. Symposium to be presented at the annual meeting of the Association of Behavior and Cognitive Therapies, Seattle, WA.
17. **Kinkel-Ram, S. S.,** Raval, V. V., & Smith, A. R. (June 2023) Validation of the Multidimensional Assessment of Interoceptive Awareness-2 Among a Sample of Indian Adults. In N. Goel (chair), *Eating Disorder Symptoms, Body Image Concerns, and Related Assessment Considerations among South Asians*. Panel to be presented at the annual meeting of the International Conference on Eating Disorders, Washington, DC. (Sponsored by Assessment and Body Image Special Interest Groups [SIG]).
16. **Kinkel-Ram, S. S.,** Sahlan, R. N., Uzoegwu, K., Wong, V. & Smith, A. (June 2023) A Network Analysis of Eating Disorder Symptoms, Attention Deficit/Hyperactivity Disorder Symptoms, and Executive Functioning Deficits in Iranian College Students. Paper to be presented at the annual meeting of the International Conference on Eating Disorders, Washington, DC.
15. **Kinkel-Ram, S. S.,** Kunstman, J., & Smith, A. R. (Nov. 2022) Sleep Problems Mediate the Relation Between Discrimination and Suicidal Ideation Among Black Americans. In J. Song (chair), *Sleepless Night: Examining the Role of Sleep in Suicidal Ideation among Diverse Populations*. Symposium presented at the annual meeting of the Association of Behavior and Cognitive Therapies, New York, NY.
14. **Kinkel-Ram, S. S.,** Forrest, L. N., & Smith, A. R. (June 2022) A Longitudinal and Contemporaneous Network Analysis of Agitation, Sleep and Eating Disorder Symptoms. Paper presented virtually at the annual meeting of the International Conference on Eating Disorders.
13. **Kinkel-Ram, S. S.,** Grunewald, W., & Smith, A. R. (June 2022) Eating Disorder and Agitation Symptoms among a Sample of Active-Duty Military Members and Veterans. Paper presented virtually at the annual meeting of the International Conference on Eating Disorders.
12. **Kinkel-Ram, S. S.** & Smith, A. R. (April 2022) Eating Disorder and Agitation Symptoms among Military Members. Paper presented at the annual meeting of Midwestern Psychological Association Conference, Chicago, IL.
11. **Kinkel-Ram, S. S.,** Grunewald, W., Bodell, L., & Smith, A.R. (June 2021). A Longitudinal Examination of Sleep Disturbances, Agitation and Suicidal Ideation in an Inpatient Eating Disorder Sample. Paper presented virtually at the annual meeting of the International Conference on Eating Disorders.
10. **Kinkel-Ram, S. S.,** Williams, B. W., Ortiz, S. N., Forrest, L. N., Magee, J., Levinson, C. A., & Smith, A.R. (Apr. 2021). Testing intrusive thoughts as illness pathways between eating disorders and obsessive-compulsive disorder symptoms: A network analysis. Paper presented virtually at the annual meeting of Midwestern Psychological Association Conference.
9. **Kinkel-Ram, S. S.,** Kunstman, J., Hunger, J., & Smith, A.R. (April 2021). Examining the relation between discrimination and suicide among Black Americans: The role of social pain minimization and decreased bodily trust. Paper presented virtually at the annual meeting of the American Association of Suicidology.

8. **Ram, S. S.**, Forrest, L. N., Perkins, N., Lavender, J., & Smith, A. R. (Nov. 2019). Using Network Analysis to Identify Central Eating Disorder Symptoms among Men. In L. Sarfan (chair), *Am I Good Enough? The Role of Self-Evaluation in the Context of Body Image and Disordered Eating*. Symposium conducted at the annual meeting of the Association of Behavior and Cognitive Therapies, Atlanta, GA.
7. Smith, A. R., **Kinkel-Ram, S. S.**, Grunewald, W., & Forrest, L. N. (Nov. 2022) A Network Analysis Investigation of Eating Disorder Symptoms in a Sample of Military Members. In *The Role of Eating Disorder Symptoms across Underrepresented Groups in Eating Disorder Research: What Non-Eating Disorder Professionals and Researchers Need to Know*. Symposium presented at the annual meeting of the Association of Behavior and Cognitive Therapies, New York, NY.
6. Smith, A. R., **Kinkel-Ram, S. S.**, Grunewald, W., George, T. S. & Raval, V. V. (Nov. 2022) A Pilot Feasibility Study of Reconnecting to Internal Sensations and Experiences (RISE) to Reduce Interoceptive Dysfunction and Suicidal Ideation, Among University Students in India. In *Factors Contributing to Depression and Suicide Among Youth in India: Importance Of Contextually Grounded, Innovative Approaches To Prevention And Intervention*. Symposium to be presented at the annual meeting of the Association of Behavior and Cognitive Therapies, New York, NY.
5. Sala, M., **Ram, S. S.**, Vanzhula, I.A., & Levinson, C.A. (Mar. 2019). Mindfulness and eating disorder psychopathology: A meta-analysis. Paper presented at the Academy of Eating Disorders, International Conference on Eating Disorders, New York, NY.
4. Smith, A. R., Forrest, L., **Kinkel-Ram, S.**, & Chamberlin, J. (Nov. 2021). Testing Longitudinal Relations between Anger Variability and Eating Disorder Symptoms in a Military Sample. In *Interoception and Eating Disorders*. Symposium presented virtually at the Association for Behavioral and Cognitive Therapies annual convention.
3. Levinson, C.A., Christian, C., **Ram, S. S.**, Michelson, L., Vanzhula, I.A., Brosof, L. C., & Williams, B. (Sept. 2019). Eating Disorder Symptoms and Core Eating Disorder Fears Decrease During Online Imaginal Exposure Therapy for Eating Disorders. Paper presented at the Eating Disorder Research Symposium, Chicago, IL.
2. Brosof, L. C., Vanzhula, I.A., **Ram, S. S.**, Christian, C., Michelson, L., & Levinson, C.A. (Nov. 2018). Interacting risk factors: Higher emotional impulsivity and lower maladaptive perfectionism is associated with higher bulimic symptoms. In L.C. Brosof: Transdiagnostic processes in eating disorders: How shared mechanisms can inform treatment. Paper presented at the Association for Behavioral and Cognitive Therapies, Washington, D.C.
1. Vanzhula I.A., Christian, C., Brosof, L. C., **Ram, S. S.**, Michelson, L., & Levinson, C. A. (Nov. 2018). Rumination and lack of mindful awareness prospectively predict eating disorder symptoms. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

## **POSTER PRESENTATIONS (n=16)**

*\*Indicates mentored undergraduate student co-author*

16. **Kinkel-Ram, S. S.**, Grunewald, W., & Smith, A. (Sept. 2023) Using Network Analysis to Examine Eating Disorder Symptoms Among The Military. Poster to be presented at the annual meeting of the Eating Disorder Research Symposium, Boston, MA.
15. **Kinkel-Ram, S. S.**, Sahlan, R. N., Uzoegwu, K., & Smith, A. (June 2023) Fear of COVID-19, Insomnia, and Eating Disorder Symptoms among Iranian College Students. Poster presented at the annual meeting of the International Conference on Eating Disorders, Washington, DC.

14. **Kinkel-Ram, S. S.**, Grunewald, W., Ortiz, S., Magee, J. & Smith, A. R. (Nov. 2021). Examining Weekly Relationships Between Eating Disorder and Obsessive-Compulsive Symptoms. Poster presented virtually at the annual meeting of the Association for Behavioral and Cognitive Therapies.
13. **Kinkel-Ram, S. S.**, Ortiz, S. N., Magee, J., & Smith, A. R. (Nov. 2020). Assessing the Temporal, Bidirectional Relationship Between Eating Disorder and Obsessive-Compulsive Disorder Symptoms. Poster presented virtually at the annual Obesity and Eating Disorders Special Interest Group (OED-SIG) Exposition of the Association for Behavioral and Cognitive Therapies.
12. **Kinkel-Ram, S. S.**, Perkins, N., & Smith, A. R. (Nov. 2020). Implicit Attitudes toward Eating Disorder Stimuli and Disordered Eating Symptoms. Poster presented virtually at the annual meeting of the Association for Behavioral and Cognitive Therapies.
11. **Kinkel-Ram, S. S.**, Williams, B. W., Ortiz, S. N., Forrest, L. N., Magee, J., Levinson, C.A., & Smith, A.R. (Oct. 2020). A Network Analysis of Eating Disorder Related Intrusive Thoughts, Eating Disorder and Obsessive-Compulsive Disorder Symptoms. Poster presented virtually at the annual meeting of the Eating Disorder Research Symposium.
10. **Ram, S. S.**, Vanzhula, I. A., & Levinson, C. A. (Nov. 2019). Bridge symptoms between obsessive-compulsive disorder and eating disorders in individuals with eating disorders. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
9. **Ram, S. S.**, Christian, C., & Levinson, C. A. (Nov. 2018). Shared vulnerabilities and associations between fear of negative evaluation, social anxiety, eating disorder symptoms and obsessive-compulsive symptoms. Poster presented at the annual Obesity and Eating Disorders Special Interest Group (OED-SIG) Exposition of the Association for Behavioral and Cognitive Therapies, Washington, DC.
8. **Ram, S. S.**, Breitenbach, E. & Wertz, J. (Apr. 2017). Write it out: The effect of expressive writing and positive psychology on female body image and well-being. Poster presented at Centre College RICE Symposium, Danville, KY.
7. Smith, A. R., **Kinkel-Ram, S. S.**, Nearman, C. R., W., Cusack, C., & Levinson, C. A., (Oct. 2021). Reconnecting To Internal Sensations and Experiences (RISE): An Online Intervention to Improve Interoception and Reduce Eating Disorder Pathology. Poster presented virtually at the annual meeting of the Eating Disorder Research Symposium.
6. Grunewald, W., **Kinkel-Ram, S. S.**, & Smith, A. R. (Nov. 2021). Conformity to Masculine Norms, Masculine Discrepancy Stress, and the Development of Muscle Dysmorphia Symptoms. Poster presented virtually at the annual meeting of the Association for Behavioral and Cognitive Therapies.
5. Grunewald, W., **Kinkel-Ram, S. S.**, & Smith, A. R. (June 2021). Conformity to Masculine Norms, Masculine Discrepancy Stress, and the Development of Muscle Dysmorphia Symptoms. Poster presented virtually at the annual meeting of the International Conference on Eating Disorders.
4. Perkins, N. M., **Ram, S. S.**, & Smith, A. R. (Nov. 2020). Examining disordered eating and nonsuicidal self-injury through the lens of objectification theory: The role of interoceptive awareness and emotional reactivity. Poster presented virtually at the Association for Behavioral and Cognitive Therapies annual convention, Philadelphia, PA.
3. Reid, M., Green, S., **Ram, S. S.**, Breitenbach, E. & Wertz, J. (Apr. 2018). Effect of expressive writing and positive psychology on body image. Poster presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.

2. \*Moughan, E., \*McCracken, K., \*Zeifang, C., \*Naples, E., **Kinkel-Ram, S.**, & Smith, A. (Apr. 2021). Association Between Maturity Fears, Trait Anxiety and Eating Disorder Symptoms. Poster presented virtually at the annual meeting of the Midwestern Psychological Association.
1. \*Naples, E., \*Zeifang, C., \*McCracken, K., \*Moughan, E., **Kinkel-Ram, S.**, & Smith, A. (Apr. 2021). Association Between Body Image, Self-Esteem, Perfectionism, and Disordered Eating. Poster presented virtually at the annual meeting of the Midwestern Psychological Association.

## EDITORIAL EXPERIENCE

**Reviewer for:** *Eating Behaviors, International Journal of Eating Disorders, Journal of Social and Clinical Psychology*

**Ad hoc reviewer for:** *Eating Behaviors, Eating Disorders: The Journal of Treatment & Prevention, International Journal of Eating Disorders, Journal of Abnormal Psychology, Suicide and Life-Threatening Behavior*

## INVITED TALKS AND PRESENTATIONS

Kinkel-Ram, S. S. (2021, October). *Graduate School and Post-Baccalaureate Opportunities in Clinical Psychology*. Invited talk at Centre College.

Ram, S. S. (2019, October). *Eating Disorders and Neurological Correlates*. Invited talk at Centre College.

Ram, S. S. (2018, August). *Eating Disorder Awareness, Common Misconceptions and Resources for Treatment*. Invited talk at Kentucky Country Day School.

## RESEARCH EXPERIENCE

### **Hunger Stigma and Health (HuSH) Lab**

**Positions(s):** Graduate Student

March 2021 – Present

**Supervisor:** Dr. Jeffrey Hunger, PhD.

Miami University – Oxford, OH

### **Research on Eating Disorders and Suicidality (REDS) Lab**

**Positions(s):** Graduate Student & Lab Manager

July 2019 – Present

**Supervisor:** Dr. April Smith, PhD.

Miami University – Oxford, OH

### **Eating Anxiety Treatment (EAT) Laboratory and Clinic**

**Positions(s):** Study Coordinator & Lab Manager

Sept. 2017 – June 2019

**Supervisor:** Dr. Cheri Levinson, PhD.

University of Louisville – Louisville, KY

### **Expressive Writing and Body Image Lab**

**Positions(s):** Study Coordinator

Aug. 2016 – May 2017

**Supervisor:** Dr. Jan Wertz, PhD.

Centre College – Danville, KY

## CLINICAL EXPERIENCE

### **Lindner Center of Hope/Cincinnati Children's Hospital – Eating Disorder Placement**

**Clinical Psychology Trainee**

May 2022 – Present

**Supervisor:** Allison Mecca, Psy.D.

Mason, OH

**Primary Responsibilities:** Provides individual psychotherapy for patients with eating disorders and comorbid illnesses in the Cincinnati Children's Hospital (children) and Lindner Center of Hope (adult) inpatient and partial hospitalization (PHP) programs. Facilitates 10 weekly therapy groups focused on

dialectical-behavioral therapy, radically open dialectical-behavioral therapy, acceptance, body image skills and commitment focused therapy for patients in the inpatient and PHP eating disorder programs.

### **Miami University Student Counseling Center**

**Clinical Psychology Trainee** Aug. 2021 – May 2022

**Supervisors:** Ritch Hall, Ph.D. & Kristen Reser, Ph.D. Oxford, OH

**Primary Responsibilities:** Provided outpatient individual psychotherapy in a clinic serving undergraduate and graduate students at Miami University. Used cognitive-behavioral, dialectical-behavioral, and interpersonal psychotherapy interventions with adults with a range of DSM-5 disorders, including eating disorders, compulsive over-exercise, trauma, anxiety spectrum disorders, substance use disorder, and depression. Attended weekly individual and group supervision meetings. Co-facilitated weekly group for female-identified students focused on body image concerns.

### **Miami University ADHD Diagnostic Assessment Traineeship**

**Clinical Psychology Trainee** Aug. 2021 – May 2022

**Supervisor:** Jennifer Green, PhD. Oxford, OH

**Primary Responsibilities:** Provides comprehensive ADHD testing for Miami University students and community members requiring testing in order to obtain disability services, medication, and other assistance. Attends weekly individual supervision meetings.

### **Miami University Psychology Clinic**

**Clinical Psychology Trainee** Aug. 2020 – Aug. 2021

**Supervisor:** Dr. Lauren Evans Toben, PhD. Oxford, OH

**Primary Responsibilities:** Provided outpatient individual psychotherapy in a clinic serving the general community. Used cognitive-behavioral, dialectical-behavioral, and interpersonal psychotherapy interventions with adults with a range of DSM-5 disorders, including alcohol use disorder, generalized anxiety disorder, and major depressive disorder. Attended weekly individual and group supervision meetings. Provided weekly on-call services. Conducted risk assessments and comprehensive psychological testing.

### **Talawanda High School**

**Adolescent DBT Skill-Building Group Co-Leader** Aug. 2019 – May 2020

**Supervisor:** Dr. Jennifer Green, PhD. Oxford, OH

**Primary Responsibilities:** Co-led a weekly outpatient Dialectical-Behavioral Therapy Skills group for 15-20 high-school aged adolescents. Led skills group meetings on mindfulness, emotion regulation skills, and strengths. Attended weekly supervision with group leader and co-facilitators.

### **Louisville Center for Eating Disorders & Louisville OCD Clinic**

**Eating Disorder Intake & Research Coordinator** Oct. 2017 – June 2019

**Supervisor:** Dr. Cheri Levinson, PhD. Louisville, KY

**Primary Responsibilities:** Assisted clinicians with assessments, group therapies, exposure therapy, and miscellaneous tasks. Communicated with, educated and provided support for potential new eating disorder clients. Maintained electronic medical records. Communicated with patients and ensured that their information is kept organized and confidential. Sent out and analyzed self-report measures to eating disorder intensive outpatient and outpatient clients to track their treatment progress.

### **Eating Anxiety Treatment (EAT) Laboratory and Clinic**

**Lab Manager & Study Coordinator** Sept. 2017 – June 2019

**Supervisor:** Dr. Cheri Levinson, PhD. Louisville, KY

**Primary Responsibilities:** Conducted structured clinical interviews and assessments in food exposure therapy, imaginal exposure and daily habits studies. Screened participants using the Structured Clinical Interview for DSM-IV, the Eating Disorder Diagnostic Inventory, the Suicide, Mania/Hypomania, and Psychosis modules of the Mini International Neuropsychiatric Interview, and the Eating Fears



Questionnaire. Oversaw and coordinated food exposure therapy and imaginal exposure therapy.

## **TEACHING EXPERIENCE**

### **Miami University**

**Research Assistant Supervisor**, Hunger Stigma and Health Lab May 2021 – Present

**Supervisor:** Dr. Jeff Hunger, PhD. Oxford, OH

**Primary Responsibilities:** Leads team of undergraduate research assistants in running independent research studies. Supervises honor thesis project data collection for select research assistants and mentors students through academic writing and dissemination of data.

**Mentored Undergraduate Students:** Emma Moughan ('22), Marissa Tucholka ('22), Lucy Stackpole ('24), Meher Khan ('24), Natalie Nagel ('24), Emily Martin ('25), Katie Coxhead ('25), Khloe Gill ('25)

**Research Assistant Supervisor**, REDS Lab Aug. 2019 – Present

**Supervisor:** Dr. April Smith, PhD. Oxford, OH

**Primary Responsibilities:** Trains undergraduate research assistants in following lab procedures and coordination of studies. Leads trainings on graduate school and careers in psychology. Mentors research assistants in conducting their own independent analyses and disseminating their research at conferences.

**Mentored Undergraduate Students:** Callie Zeifang ('21), Elyse Naples ('21), Will Morgan ('21), Katherine McCracken ('22), Maddy Davis ('22), Maddy Block ('22).

### **University of Louisville**

**Research Assistant Supervisor**, Eating Anxiety Therapy Lab and Clinic Sept. 2017 – June 2019

**Supervisor:** Dr. Cheri Levinson, PhD. Louisville, KY

**Primary Responsibilities:** Directly oversaw undergraduate research assistants, provided training on how to conduct and write APA style literature reviews and papers, provided training on statistical analyses, mentored undergraduates and assisted with running research studies as needed.

### **Centre College**

**Teaching Assistant:** Experimental Design Psychology (PSY 210) Feb. 2017 – May 2017

**Supervisor:** Dr. Jennifer Goetz, PhD. Danville, KY

**Primary Responsibilities:** Coordinated lab activities, graded assignments, helped students prepare for exams, held review sessions, held office hours, proctored tests and examinations, assisted students in developing their own studies.

**Teaching Assistant:** Introduction to Psychology (PSY 110) Aug. 2016 – Dec. 2016

**Supervisor:** Dr. Benjamin Arnold, PhD. Danville, KY

**Primary Responsibilities:** Assisted undergraduate students with lab work and dissections, guest lectured, attended class and oversaw students, help review sessions and office hours, graded tests and assignments.

## **UNDERGRADUATE INDEPENDENT STUDIES**

2022 *Lucy Stackpole, Doctoral Undergraduate Opportunity Scholarship (funded; \$2000)*

Role: Graduate student sponsor

Title: The Role of Weight Stigma and Internalized Weight Bias on Eating Disorder Mechanisms and Outcomes in Sexual and Gender Minorities

2021 *Emma Moughan, Miami University, Honors Thesis*

Role: Graduate student mentor and committee member

Title: Self-Criticism Mediates the Relation Between Thwarted Belongingness and Suicidal Ideation

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## PROFESSIONAL SERVICE

- Co-chair, Academy for Eating Disorders Weight Stigma SIG** Dec. 2022-Present  
 Leads monthly virtual meetings on topics of weight stigma and social justice for SIG members. Coordinates annual International Conference on Eating Disorders submissions related to weight stigma SIG activities. Advocates for fat justice and health at every size approaches within the Academy of Eating Disorders.
- Committee and Task Force Liaison, Academy for Eating Disorders** Feb. 2021-May 2022  
 Responsible for communicating with the various Special Interest Groups on a monthly basis to see if there is any information that the groups would like to disseminate over social media such as special events or initiatives. Also disseminates research findings and programs on social media for AED.
- National Eating Disorder Awareness Walk, Executive Committee** May 2018-May 2019  
 Was a member of the planning committee for the Louisville NEDA Walk and took charge of marketing and social media outreach. Disseminated event details and eating disorder resources. Attended event and assisted in coordination and planning.
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## PROFESSIONAL AFFILIATIONS

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|---|----------------------|
| <b>Association for Size Diversity and Health</b>                | Oct. 2022 – Present  |
| <b>American Association of Suicidology</b>                      | Sept. 2020 – Present |
| <b>Academy for Eating Disorders</b>                             | Sept. 2019 – Present |
| <b>American Psychological Association</b>                       | Sept. 2019 – Present |
| <b>Association of Behavioral and Cognitive Therapies Member</b> | Aug. 2018 – Present  |
| <b>Midwestern Psychological Association</b>                     | Mar. 2017 – Present  |
| <b>Psi Chi Honor Society</b>                                    | Dec. 2015 – Present  |