

Jennifer Krafft, Ph.D.

Curriculum Vitae

Contact Information

Mailing Address: 110 Magruder Hall
255 Lee Blvd
Mississippi State, MS 39762

Phone: (607) 592-5834

Email: jek299@msstate.edu

Professional Positions

2022-Present Assistant Professor
Department of Psychology
Mississippi State University

Education

2022, Ph.D. Utah State University
Combined Clinical/Counseling Psychology (APA accredited)
Dissertation: *Testing an acceptance and commitment therapy (ACT) website for hoarding: A randomized waitlist-controlled trial.*
Chair: Michael E. Levin, Ph.D.

2021-2022 Salem VA Medical Center
Doctoral internship in Clinical Psychology (APA accredited)
Training Director: Dana Holohan, Ph.D.

2018, M.S. Utah State University
Combined Clinical/Counseling Psychology (APA accredited)
Master's Thesis: *Using ecological momentary assessment to clarify the function of hoarding.*
Chair: Michael E. Levin, Ph.D.

2010, B.A. Carleton College
Summa Cum Laude
Integrative Exercise with Distinction: *Rendaku: Sequential voicing in Japanese.*
Advisor: Michael J. Flynn, Ph.D.

Publications

Books

Levin, M. E., Twohig, M. P., & **Krafft, J.** (Eds). (2020). *Innovations in acceptance and commitment therapy: Clinical advancements and applications in ACT*. New Harbinger.

Published Journal Articles

31. Ong, C. W., Petersen, J. M., Terry, C. L., **Krafft, J.**, Barney, J. L., Abramowitz, J. S., & Twohig, M. P. (In press). The “how” of exposures: Examining the relationship between exposure parameters and outcomes in obsessive-compulsive disorder. *Journal of Contextual Behavioral Science*.
30. **Krafft, J.**, & Levin, M. E. (In press). Does the Cognitive Fusion Questionnaire measure more than frequency of negative thoughts? *Journal of Contextual Behavioral Science*.
29. **Krafft, J.**, Klimczak, K. S., & Levin, M. E. (In press). Effects of cognitive restructuring and defusion for coping with difficult thoughts in daily life in a predominantly White female college student sample. *Cognitive Therapy and Research*. Advance online publication.
28. **Krafft, J.**, Ong, C. W., Davis, C. H., Petersen, J. M., Levin, M. E., & Twohig, M. P. (In press). An open trial of group acceptance and commitment therapy (ACT) with an adjunctive mobile app for generalized anxiety disorder (GAD). *Cognitive and Behavioral Practice*.
27. Twohig, M. P., Petersen, J. M., Fruge, J., Ong, C. W., Barney, J. L., **Krafft, J.**, Lee, E. B., & Levin, M. E. (In press). A pilot randomized controlled trial of online-delivered ACT-enhanced behavior therapy for trichotillomania in adolescents. *Cognitive and Behavioral Practice*. Advance online publication.
26. Potts, S., **Krafft, J.** & Levin, M. E. (In press). A randomized controlled trial of acceptance and commitment therapy self-help with or without phone coaching for overweight and obese adults high in weight self-stigma. *Behavior Modification*. Advance online publication.
25. Levin, M. E., **Krafft, J.**, Seifert, S. & Lillis, J. (In press). Tracking valued and avoidant functions with health behaviors: A randomized controlled trial of the acceptance and commitment therapy matrix mobile app. *Behavior Modification*. Advance online publication.
24. Levin, M. E., Hicks, E. & **Krafft, J.** (In press). Pilot evaluation of the Stop, Breathe & Think mindfulness app for student clients on a college counseling center waitlist. *Journal of American College Health*. Advance online publication.

23. Ong, C. W., **Krafft, J.**, Levin, M. E., & Twohig, M. P. (2021). A systematic review and psychometric evaluation of self-report measures for hoarding disorder. *Journal of Affective Disorders, 290*, 136-148.
22. Levin, M. E., **Krafft, J.**, An, W., Ong, C. W. & Twohig, M. P. (2021). Preliminary findings on processes of change and moderators for cognitive defusion and restructuring delivered through mobile apps. *Journal of Contextual Behavioral Science, 20*, 13-19.
21. Ong, C. W., **Krafft, J.**, Panoussi, F., Petersen, J. M., Levin, M. E., & Twohig, M. P. (2021). In-person and online-delivered acceptance and commitment therapy for hoarding disorder: A multiple baseline study. *Journal of Contextual Behavioral Science, 20*, 108-117.
20. Davis, C. H., **Krafft, J.**, Hicks, E. T., & Levin, M. E. (2021). The role of psychological inflexibility and perspective taking in anti-racism and anti-sexism. *Personality and Individual Differences, 175*, 110724.
19. Levin, M. E., **Krafft, J.**, Davis, C. H. & Twohig, M. P. (2021). Evaluating the effects of guided coaching calls on engagement and outcomes for online acceptance and commitment therapy. *Cognitive Behaviour Therapy, 50*, 395-408.
18. Petersen, J. M., **Krafft, J.**, Twohig, M. P., & Levin, M. E. (2021). Evaluating the open and engaged components of acceptance and commitment therapy in an online self-guided website: Results from a pilot trial. *Behavior Modification, 45*, 480-501.
17. Levin, M. E., **Krafft, J.** & Twohig, M. P. (2020). Examining processes of change in the open and engaged components of acceptance and commitment therapy. *Journal of Contextual Behavioral Science, 17*, 10-16.
16. Levin, M. E., **Krafft, J.**, Hicks, E. T., Pierce, B. & Twohig, M. P. (2020). A randomized dismantling trial of the open and engaged components of acceptance and commitment therapy in an online self-help program for distressed college students. *Behaviour Research and Therapy, 126*, 103557.
15. **Krafft, J.**, Twohig, M. P., & Levin, M. E. (2020). A randomized trial of acceptance and commitment therapy and traditional cognitive-behavioral therapy self-help books for social anxiety. *Cognitive Therapy and Research, 44*, 954-966.
14. **Krafft, J.**, Ong, C. W., Cruz, R. A., Twohig, M. P., & Levin, M. E. (2020). An ecological momentary assessment study investigating the function of hoarding. *Behavior Therapy, 51*, 715-727.
13. Ong, C.W., **Krafft, J.**, Levin, M.E., & Twohig, M.P. (2020). Comparing effects of acceptance training and psychoeducation on hoarding symptoms. *Journal of Obsessive-Compulsive and Related Disorders, 25*, 100521.
12. Twohig, M. P., Ong, C. W., **Krafft, J.**, Barney, J. L., & Levin, M. E. (2019). Starting off on the right foot in Acceptance and Commitment Therapy. *Psychotherapy, 56*, 16-20.
11. Ong, C. W., Lee, E. B., **Krafft, J.**, Terry, C. L., Barrett, T. S., Levin, M. E., & Twohig, M. P. (2019). A randomized controlled trial of acceptance and commitment therapy for clinical perfectionism. *Journal of Obsessive-Compulsive and Related Disorders, 22*, 100444.

10. **Krafft, J.**, Hicks, E. T., Mack, S., & Levin, M. E. (2019). Psychological inflexibility predicts suicidality over time in college students. *Suicide and Life-Threatening Behavior, 49*, 1488-1496.
9. Levin, M. E., **Krafft, J.**, Pistorello, J. & Seeley, J. R. (2019). Assessing psychological inflexibility in university students: Development and validation of the Acceptance and Action Questionnaire for University Students (AAQ-US). *Journal of Contextual Behavioral Science, 12*, 199-206.
8. **Krafft, J.**, Ong, C. W., Twohig, M. P., & Levin, M. E. (2019). Assessing psychological inflexibility in hoarding: The Acceptance and Action Questionnaire for Hoarding (AAQH). *Journal of Contextual Behavioral Science, 12*, 234-242.
7. **Krafft, J.**, Haeger, J., & Levin, M. E. (2019). Comparing cognitive fusion and cognitive reappraisal as predictors of college student mental health. *Cognitive Behaviour Therapy, 48*, 241-252.
6. **Krafft, J.**, Potts, S., Schoendorff, B., & Levin, M. E. (2019). A randomized controlled trial of multiple versions of an acceptance and commitment therapy matrix app for well-being. *Behavior Modification, 43*, 246-272.
5. Levin, M. E., **Krafft, J.**, Pierce, B. & Potts, S. (2018). When is experiential avoidance harmful in the moment? Examining global psychological inflexibility as a moderator. *Journal of Behavior Therapy and Experimental Psychiatry, 61*, 158-163.
4. Ong, C. W., **Krafft, J.**, Levin, M. E., & Twohig, M. P. (2018). An examination of the role of psychological flexibility in hoarding using multiple mediator models. *Journal of Cognitive Psychotherapy, 32*, 97-111.
3. Levin, M. E., **Krafft, J.** & Levin, C. (2018). Does self-help increase rates of student help seeking by minimizing stigma as a barrier? *Journal of American College Health, 66*, 302-309.
2. **Krafft, J.**, Ferrell, J., Levin, M. E., & Twohig, M. P. (2018). Psychological inflexibility and stigma: A meta-analytic review. *Journal of Contextual Behavioral Science, 7*, 15-28.
1. **Krafft, J.**, Haeger, J., & Levin, M. E. (2017). The interaction of mindful awareness and acceptance in couples satisfaction. *Personality and Individual Differences, 113*, 20-23.

Journal Articles Under Review

3. Krafft, J., Petersen, J. M., Ong, C., Twohig, M. P., & Levin, M. E. (Under review). Making Space: A randomized waitlist-controlled trial of an acceptance and commitment therapy website for hoarding.
2. Akbari, M., Seyvadi, M., Hosseini, Z. S., **Krafft, J.**, & Levin, M. E. (Under review). Experiential avoidance in anxiety and depression: A comprehensive systematic review and meta-analysis.
1. Ong, C. W., Petersen, J. M., Terry, C. L., **Krafft, J.**, Barney, J. L., Abramowitz, J. S., & Twohig, M. P. (Under review). How therapy procedures predict processes of change and symptom severity in exposure and response prevention for obsessive-compulsive disorder.

Journal Articles In Preparation

2. Krafft, J., Petersen, J. M., Twohig, M. P., & Levin, M. E. (Manuscript in preparation). Processes of change in acceptance and commitment therapy self-help for hoarding.
1. Johnson, H. M.*, An, W., Krafft, J., & Levin, M. E. (Manuscript in preparation). The role of psychological inflexibility processes in anger.

Book Chapters

5. **Krafft, J.**, Petersen, J. M., & Twohig, M. P. (In press). Acceptance and commitment therapy for obsessive-compulsive and related disorders. In D. McKay, J. Abramowitz, & E. Storch (Eds.), *Complexities in obsessive-compulsive and related disorders*. New York: Oxford Press.
4. Twohig, M. P., **Krafft, J.**, Petersen, J. M., & Davis, C. H. (In press). Training and supervision in acceptance and commitment therapy. In D. McKay, J. Abramowitz, & E. Storch (Eds.), *Training and supervision in specialized cognitive-behavior therapy: Methods, settings, & populations*. The American Psychological Association Press.
3. Haeger, J., **Krafft, J.**, & Levin, M. E. (In press). Acceptance and commitment therapy (ACT) for substance use disorders. In P. Lucena-Santos, S.A. Carvalho, J. Pinto-Gouveia, M.S. Oliveira, & J. Pistorello (Eds.), *Manual prático internacional de Terapia de Aceitação e Compromisso* [International practical handbook of Acceptance and Commitment Therapy]. Sinopsys.
2. Levin, M. E., **Krafft, J.**, & Twohig, M. P. (2020). Refining acceptance and commitment therapy to meet the challenges of the human condition. In Levin, M. E., Twohig, M. P., & Krafft, J. (Eds.), *Innovations in acceptance and commitment therapy: Clinical advancements and applications in ACT*. New Harbinger.
1. **Krafft, J. E.**, Butcher, G. M., Levin, M. E., & Twohig, M. P. (2020). Acceptance and commitment therapy. In I. Ivtzan (Ed.), *The handbook of mindfulness-based programs: Every established intervention, from medicine to education*. Routledge Press.

Conference Presentations and Posters

19. Petersen, J. M., **Krafft, J.**, Ong, C. W., Twohig, M. P., & Levin, M. E. (2021, November). *A randomized waitlist-controlled trial of an acceptance and commitment therapy website for hoarding*. Paper accepted for presentation at the 55th Annual Convention of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.
18. Donahue, M. L., **Krafft, J.**, Seifert, S., Lillis, J., & Levin, M. E. (2021, June). *Valued living and committed action on weight-related health behaviors: A secondary analysis*

- of an RCT. Poster accepted for presentation at the 2021 Association for Contextual Behavioral Science World Conference (Virtual Meeting).
17. Johnson, H.M.*, **Krafft, J.**, An, W., & Levin, M. E. (2021, June). *Examining relationships between acceptance and commitment therapy model techniques and anger in college students*. Poster accepted for presentation at the 19th Annual World Conference of the Association for Contextual Behavioral Science.
 16. **Krafft, J.**, Petersen, J. M., Ong, C. W., Twohig, M. P., & Levin, M. E. (2021, June). *A randomized waitlist-controlled trial of an acceptance and commitment therapy website for hoarding*. Paper accepted for presentation at the 19th Annual World Conference of the Association for Contextual Behavioral Science.
 15. Johnson, H. M.*, **Krafft, J.**, Willis, M. E., & Odum, A. (2021, May). *Reinforcement of variability through an online video game*. Poster presented at the 47th Annual Convention of the Association for Behavior Analysis International.
 14. **Krafft, J.**, Davis, C. H., Twohig, M. P., & Levin, M. E. (2020, November). *Impact of coaching on outcomes, engagement, and processes of change in an online ACT intervention*. Paper presented at the 54th Annual Convention of the Association for Behavioral and Cognitive Therapies.
 13. Johnson, H.* , **Krafft, J.**, & Odum, A. (2020, April). *The relationship between reinforced variability and psychological flexibility in people with depression*. Poster presented at the 2020 Utah State University Student Research Symposium.
 12. Ong, C. W., Lee, E. B., **Krafft, J.**, Terry, C. L.*, Barrett, T. S., Levin, M. E., & Twohig, M. P. (2019, November). *A randomized controlled trial of acceptance and commitment therapy for clinical perfectionism*. Paper presented at the 53rd Annual Convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
 11. **Krafft, J.**, Ong, C. W., Cruz, R. A., Twohig, M. P., & Levin, M. E. (2019, July). *The function of hoarding in the moment and its relationship to psychological flexibility*. Paper presented at the 26th Annual International OCD Foundation Conference, Austin, TX.
 10. **Krafft, J.**, Haeger, J., An, W., Twohig, M. P., & Levin, M. E. (2018, July). *Examining a prototype mobile app for self-critical thoughts: A clinical component test*. Paper presented at the 16th Annual World Conference of the Association for Contextual Behavioral Science, Montreal, Canada.
 9. **Krafft, J.**, & Levin, M. E. (2018, July). *The incremental validity of the Cognitive Fusion Questionnaire (CFQ) over a measure of automatic negative thoughts*. Poster presented at the 16th Annual World Conference of the Association for Contextual Behavioral Science, Montreal, Canada.
 8. **Krafft, J.** (Chair), Bricker, J., Levin, M. E., Uebelacker, L. A., & Johnson, B. (Discussant). (2018, July). *Barriers and innovations in self-guided ACT interventions*. Symposium at the 16th Annual World Conference of the Association for Contextual Behavioral Science, Montreal, Canada.
 7. **Krafft, J.**, & Levin, M. E. (2018, July). *An ecological momentary assessment (EMA) investigation of cognitive processes for responding to difficult thoughts*. Paper

- presented at the 16th Annual World Conference of the Association for Contextual Behavioral Science, Montreal, Canada.
6. **Krafft, J.**, & Levin, M. E. (2017, November). *The differential impact of defusion and reappraisal on college student mental health*. Poster presented at the 51st Annual Convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
 5. Ong, C. W., Levin, M. E., **Krafft, J.**, & Twohig, M. P. (2017, November). *An examination of the role of psychological flexibility in hoarding using multiple mediator models*. Poster presented at the 51st Annual Convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
 4. Haeger, J., **Krafft, J.**, & Levin, M. (2017, June). *Initial findings from a randomized dismantling trial of the LifeToolbox website: A transdiagnostic online acceptance and commitment therapy intervention for distressed college students*. Paper presented at the 15th Annual World Conference of the Association of Contextual and Behavioral Sciences, Seville, Spain.
 3. **Krafft, J. E.**, Haeger, J., Pierce, B., & Levin, M.E. (2016, November). *The interaction between mindful awareness and acceptance in predicting couples satisfaction*. Poster presented at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
 2. Levin, M.E., Haeger, J., **Krafft, J.**, Pierce, B., Daines, J.* & Twohig, M. (2016, November). *Web-based self-help for college students: Evaluating a transdiagnostic Acceptance and Commitment Therapy program*. Paper presented at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
 1. Kwan, K., Westbrook, M., **Krafft, J.E.**, Barton, S., and Wright, H. (2014, April). *Reducing bullying: Asian and Pacific American teen perspectives*. Paper presented at the Annual Convention of the Rocky Mountain Psychological Association, Salt Lake City, UT.

*Indicates undergraduate author

Grant Proposals Funded

Testing an acceptance and commitment therapy (ACT) website for hoarding: A randomized waitlist-controlled trial.

Role: Principal Investigator

Amount: \$1,000

Agency: Utah State University, Graduate Research and Creative Opportunities

The relationship between reinforced variability and psychological flexibility in people with depression.

Principal Investigator: Hannah M. Johnson

Role: Consultant

Amount: \$2,000

Agency: Utah State University, Undergraduate Research and Creative Opportunities

Grant Proposals Submitted

A randomized waitlist-controlled trial of web-based acceptance and commitment therapy for hoarding disorder. (Not funded)

Role: Principal Investigator

Amount: \$49,678

Agency: International OCD Foundation

Awards & Honors

Apr 2020	Doctoral Student Researcher of the Year Award, <i>Utah State University</i>
Feb 2020	College of Education and Human Services Doctoral Student Researcher of the Year Award, <i>Utah State University</i>
Sep 2019	College of Education and Human Services Graduate Student Research Award, <i>Utah State University</i>
Jun 2019	Student Spotlight Award, <i>Association for Contextual Behavioral Science</i>
May 2019	Graduate Enhancement Award, <i>Utah State University</i>
Apr 2019	Anthony LaPray Scholarship, <i>Utah State University</i>
May 2018, Nov 2017, and May 2016	Department of Psychology Travel Award, <i>Utah State University</i>

Research Experience

Aug 2020- present	Research Assistant, Salem VA Medical Center <ul style="list-style-type: none">Conducting a novel ACT for Older Adults telehealth group in a veteran sample and evaluating its efficacy and feasibility in collaboration with Dr. Katherine Luci.
Jan 2020- Aug 2020	Research Assistant, Utah State University, ACT Research Group <ul style="list-style-type: none">Developed and user-tested an adapted version of a transdiagnostic web-based self-help program for adolescents.

- Developed survey assessing utilization of self-help website program among university students.
- Created enhanced mentorship system for undergraduate research assistants.

Aug 2016-
Apr 2018

Research Assistant, Utah State University, ACT Research Group

- Oversaw study on the effectiveness of a transdiagnostic web-based self-help program for distressed college students. Duties included recruitment, screening participants, monitoring participation, and conducting phone coaching.
- Developed and conducted study testing a novel protocol of ACT groups and a mobile app for generalized anxiety disorder.
- Collaborated on a study of the effectiveness of multiple versions of a mobile app using the ACT matrix to improve well-being.
- Collaborated on a study evaluating a mobile app using the ACT matrix to improve health behaviors.
- Designed and oversaw study comparing mechanisms of change in bibliotherapy for social anxiety based in cognitive behavior therapy and acceptance and commitment therapy among college students.
- Developed and ran study evaluating effectiveness and moderators of cognitive processes for coping with difficult thoughts using ecological momentary assessment.
- Supervised undergraduate research assistants in developing research competencies.

Oct 2017-
Mar 2018

Consultant, Utah State University, ACT for Caregivers Website Study

- Provided human development researchers with guidance on ACT content for a web-based program for caregivers of adults with dementia.

May 2014-
Jul 2015

Research Assistant, University of Utah, Social Development Lab

- Collaborated on study of the effects of narration on emotional regulation in children.

Feb 2014-
May 2014

Research Assistant to Dr. Karen Kwan, Salt Lake Community College

- Collaborated on study of experiences of bullying among Asian-American and Pacific Islander youth in Utah.

Clinical Experience

- Jul 2021-present
- Psychology Intern, Salem VA Medical Center, Salem, VA.**
- Rotations: Geropsychology, Dialectical Behavior Therapy, Substance Use Disorder Treatment, Evidence-Based Psychotherapy, and Research.
 - Responsibilities: individual and group therapy with veterans; bedside consultation; intake and comprehensive assessments; participating in interdisciplinary teams; interprofessional education; receiving advanced training in evidence-based treatments including DBT, MI and REACH-VA.
 - Supervisors: Dr. Katherine Luci, Dr. Dana Holohan, Dr. Ashley Engels, and Dr. Russell Gray-Couch.
- May 2019-May 2020
- Student Therapist, Utah Center for Evidence-Based Treatment, Salt Lake City, UT.**
- Responsibilities: individual therapy and intake assessments for adults; received advanced training in evidence-based treatments; participated in specialized consultation teams for anxiety and mood disorders and clinical health. Primary assessment instruments: DIAMOND, PHQ-9, GAD-7.
 - Total hours: 417, Direct contact hours: 144
 - Supervisor: Sarah Turley, Ph.D.
- Sep 2018-May 2020
- Study Therapist, ACT Research Lab, Logan, UT.**
- Responsibilities: developed and conducted group ACT protocol for generalized anxiety disorder, administered structured diagnostic interviews, delivered individual ACT for hoarding disorder, and delivered telehealth ACT for adolescent trichotillomania. Primary assessment instruments: MINI International Neuropsychiatric Interview, DIAMOND.
 - Total hours: 250, Direct contact hours: 127
 - Supervisor: Michael P. Twohig, Ph.D.
- May 2018-Apr 2019
- Student Therapist, Neuropsychology Center of Utah, Clinton, UT.**
- Responsibilities: individual therapy, intake assessments, and cognitive and psychoeducational assessments provided to adults, adolescents, and children; received advanced training in cognitive-behavioral therapy and assessment. Primary assessment instruments: WAIS-IV, WISC-V, KTEA-3, CAS, WRAT, TOMAL.
 - Total hours: 700, Direct contact hours: 348

- Supervisor: Adam Schwebach, Ph.D.
- Aug 2017-
May 2018 **Student Therapist, Utah State University Anxiety Group, Logan, UT.**
- Responsibilities: intake assessments and individual therapy provided to adults; advanced training in acceptance and commitment therapy and exposure for anxiety; psychodiagnostic assessment, personality assessment, and integrated report writing. Primary assessment measures: PAI, AAQ-II, GAD-7, PHQ-9.
 - Total hours: 385, Direct contact hours: 137
 - Supervisor: Michael P. Twohig, Ph.D.
- Aug 2016-
May 2017 **Student Therapist, Utah State University Psychology Community Clinic, Logan, UT.**
- Responsibilities: intake assessments and individual therapy provided to children, adolescents, and adults; psychoeducational assessment and integrated report writing. Primary assessment measures: OQ-45.2, WAIS-IV, Woodcock-Johnson IV.
 - Total hours: 486, Direct contact hours: 111.5
 - Supervisors: Susan Crowley, Ph.D. and Sara Boghosian, Ph.D.

Teaching Experience

- Jan 2020-
May 2020 **Teaching Assistant**
PSY 3500 (Social Psychology), Utah State University
- Duties included in-person and video lectures and grading quizzes and essays.
- Aug 2019-
Dec 2019 **Teaching Assistant**
PSY 4230 (Psychology of Gender), Utah State University
- Duties included tutoring and grading discussions and essays.
- Aug 2019-
Dec 2019 **Teaching Assistant**
PSY 3010 (Psychological Statistics), Utah State University
- Duties included tutoring and grading lab assignments.
- Dec 2018 **Guest Lecturer**
PSY 1010 (General Psychology), Utah State University
- Mindfulness and Therapy
- Nov 2017 **Guest Lecturer**

PSY 3720: Behavior Assessment and Intervention, Utah State University

- Acceptance and Commitment Therapy

Aug 2017-
Dec 2016

Teaching Assistant

PSY 3010 (Psychological Statistics), Utah State University

- Duties included teaching lab sections, office hours, and writing and grading exams.

Apr 2016 and
Nov 2016

Guest Lecturer

PSY 1010 (General Psychology), Utah State University

- Mindfulness

May 2016-
Aug 2016

Teaching Assistant

PSY 1010 (General Psychology), Utah State University

- Duties included grading and facilitating online discussion groups for PSY 1010 (General Psychology).

Aug 2015-
May 2016

Teaching Assistant

PSY 1010 (General Psychology), Utah State University

- Duties included grading, office hours, conducting discussion groups, classroom assistance, and lecturing.

Professional Experience & Service

Aug 2021-
present

Member of Diversity, Equity, and Inclusion Committee at Salem VA Medical Center

- Facilitated focus groups for hospital staff on DEI-related concerns and experiences

Aug 2021-
present

Trainee Representative to Multicultural and Diversity Committee of Psychology at Salem VA Medical Center

- Developed and launched initiative to disseminate diversity-related information

Jan 2016-
Aug 2016

Professional Officer to the *Journal of Contextual Behavioral Science*

- Duties included monitoring publication process, providing administrative assistance to the Editorial Board, and increasing awareness of the journal.

Professional Organization Membership

Steering Committee & Student Representative, ACBS Aging in Context SIG

Research Task Force Member, Women in ACBS SIG
Member, International OCD Foundation Hoarding SIG
Student Member, Association for Contextual Behavioral Science (ACBS)
Student Member, Association for Behavioral and Cognitive Therapies (ABCT)

Editorial Activities

Ad Hoc Reviewer, *Journal of Contextual Behavioral Science*

Ad Hoc Reviewer, *Journal of Cognitive Psychotherapy*

Certifications

Montreal Cognitive Assessment (MoCA)

- Certified to administer, score, and interpret

REACH-VA Caregiver Intervention

- Certified as program coach