

# **Allison A. Holgerson, Ph.D., ABPP**

Clinical Assistant Professor  
Board Certified in Clinical Health Psychology  
Fellow, Academy of Clinical Health Psychology  
Department of Clinical and Health Psychology  
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## **Professional Roles**

**Clinical Assistant Professor,  
Medical/Health Psychology Postdoctoral Fellowship Program Director**

**University of Florida (09/07/2018-present)**  
Department of Clinical and Health Psychology

## **Licensure**

**Florida**                      **Licensed Psychologist PY10288**  
October 1, 2018-present

## **Education**

**Fellowship**                      **Mayo Clinic (07/27/2016-08/10/2018)**  
Clinical Health Psychology Fellowship  
Major Area: Medical Psychology  
Accredited by the American Psychological Association

**Ph.D.**                              **Virginia Commonwealth University (VCU) (08/20/2010-08/20/2016)**  
Doctor of Philosophy, Counseling Psychology  
Area of Concentration: Health Psychology  
Accredited by the American Psychological Association

**Internship**                      **University of Florida Health Science Center (07/01/2015-06/30/2016)**  
Pre-doctoral Internship  
Track: Medical/Health Psychology  
Accredited by the American Psychological Association

**M.S.**                              **Virginia Commonwealth University (08/20/2010-05/14/2012)**  
Master of Science, Counseling Psychology  
Accredited by the American Psychological Association

**B.S.**                              **University of Florida (08/23/2006-05/04/2010)**  
Bachelor of Science, *summa cum laude*

Major: Psychology  
Minors: Education; Family, Youth, and Community Sciences

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### **Clinical Health Psychology Experience**

#### **Clinical Assistant Professor**

09/07/2018-present **University of Florida, Department of Clinical and Health Psychology:** Direct the bariatric/weight management clinical service. Conduct and supervise comprehensive psychological evaluations for adults being considered for bariatric procedures. Evaluations consist of a semi-structured diagnostic interview and a battery of self-report measures. The service is part of a multidisciplinary bariatric team (surgeons, registered dietitians, nurses, endocrinologists, etc.). Provide and supervise outpatient, individual therapy pre- and post-bariatric surgery to address psychological contraindications to bariatric surgery as well as for general behavioral weight management and other eating concerns. Conduct psychological evaluations and individual, outpatient therapy for patients who present with other concerns related to the intersection of mental and physical health including, but not limited to, chronic pain, gastroparesis, and insomnia.

#### **Post-Doctoral Fellowship**

07/2016-08/2018 **Mayo Clinic Clinical Health Psychology Fellowship-Weight Management Practice (Major Area):** Evaluated and treated patients with medically complicated obesity in a multidisciplinary obesity and bariatric surgery program. Activities included assessment of minimally invasive weight loss procedures and bariatric surgery, individual and group cognitive behavioral therapy for obesity, binge eating, weight loss maintenance, and post-bariatric surgery support. Actively participated in multidisciplinary Bariatric Workgroup and Endoscopic Clinical Case Conferences, weekly Psychology Weight Management Clinical Case Conferences, and a quarterly cross-site Bariatric Psychology Integration Group.

11/2017-03/2018 **Mayo Clinic Clinical Health Psychology Fellowship-Behavioral Medicine and Oncology Program (Minor Rotation):** Evaluated and treated patients with health anxiety, functional disorders, adjustment to cancer diagnoses and to other medical conditions, and psychosocial factors contributing to medical conditions. Delivered evidence-based practice for the above concerns and participated in weekly, multidisciplinary team meetings.

08/2017-09/2017 **Mayo Clinic Clinical Health Psychology Fellowship-Wellness Coaching and Resiliency (Minor Rotation):** Observed a wide range of wellness activities at the Dan Abraham Healthy Living Center including wellness coaching, resiliency workshops, and supervision of wellness coaches. Observed a two-day intensive

weight management experience encompassing nutrition consultations, wellness coaching, physical activity training, a wide range of biometric assessments, and resiliency lectures.

07/2017-08/2017 **Mayo Clinic Clinical Health Psychology Fellowship-Women's Health Clinic (Minor Rotation):** Observed the evaluation and treatment of diverse sexual health concerns including, but not limited to, menopausal symptoms, loss of sexual desire or drive, problems with arousal or orgasm, and pain or discomfort during intercourse. Participated in weekly, multidisciplinary team meetings and consultation with Women's Health Clinic providers.

03/2017-07/2017 **Mayo Clinic Clinical Health Psychology Fellowship-Integrated Behavioral Health/Primary Care (Minor Rotation):** Evaluated and treated anxiety, depression, adjustment, and other mental health concerns in collaboration with primary care physicians. Addressed medical conditions with a behavioral or psychological component. Delivered short-term, evidence-based interventions (CBT, ACT, MI, etc.), co-management with primary care, and disease self-management.

09/2016-02/2017 **Mayo Clinic Clinical Health Psychology Fellowship-Pain Rehabilitation Center (Minor Rotation):** Treated patients enrolled in a three-week, interdisciplinary, outpatient treatment program for intractable pain and other chronic symptoms. Delivered evidence-based practice for chronic pain including group-based cognitive behavioral therapy and mindfulness techniques. Participated in weekly patient rounds, observed physical therapy, occupational therapy, biofeedback sessions, vocational counseling, and recreational therapy.

### **Pre-doctoral Internship**

07/2015-06/2016 **University of Florida Health Science Center-Medical/Health Psychology Track:** Participated in diverse inpatient and outpatient assessment and intervention activities within a consultation/liaison model. Specialty clinics included: complex/primary care, chronic pain/gastrointestinal (GI) illness, bariatric surgery/weight management, solid organ and bone marrow transplant, acute neurotrauma, women's health and infertility, and oncology. Activities included individual therapy addressing behavioral health and mental health concerns, and conducting diagnostic intakes and pre-treatment assessments.

01/2016-04/2016 **University of Florida Health Science Center-Adult Neuropsychology (Minor Rotation):** Conducted outpatient neuropsychological assessments. Referrals included the assessment of adult learning disabilities, traumatic brain injury, epilepsy, dementia, and general mental health. Completed integrated reports and conducted feedback sessions addressing results of the assessment.

09/2015-12/2015 **University of Florida Health Science Center-Behavioral Pediatrics (Minor Rotation):** Conducted brief, targeted assessments and behavioral interventions for

the treatment of children with acute and chronic health conditions (Crohn's disease/ulcerative colitis, encopresis, feeding aversion, abdominal pain).

### **Graduate Practica Experience**

- 2014-2015      **Medical College of Virginia (at VCU)-Integrated Primary Care Clinic:** Provided brief evidence-based interventions and referral to specialty practices for adult men and women being treated for medical conditions with a behavioral or psychosocial component (e.g., obesity, insomnia, chronic pain, smoking cessation) and other mental health and health behavior-related concerns.
- Medical College of Virginia (at VCU) Department of Psychiatry-Organ Transplant Program:** Conducted pre-surgical assessments for solid organ transplant (kidney, liver, heart) and advanced mechanical circulatory support devices. Conducted outpatient and inpatient individual therapy addressing health behavior change, psychosocial stressors, adjustment issues, and other pertinent concerns.
- Medical College of Virginia (at VCU) Department of Addiction Psychiatry-Collaborative Advanced Research Institute (CARI):** Conducted diagnostic and substance use assessments with patients using the SCID-I and Addiction Severity Index. Conducted short-term, manualized MI- and CBT-based individual therapy addressing substance use relapse prevention.
- 2012-2015      **Center for Psychological Services and Development-Assessment Service (VCU):** Administered comprehensive assessment batteries (intelligence, achievement, personality, diagnostic, neuropsychological, etc.) addressing a variety of referral questions.
- 2013-2014      **Medical College of Virginia (at VCU) Department of Psychiatry-Bariatric Surgery Program:** Conducted pre-surgical assessments of patients being considered for bariatric surgery. Provided psychoeducation and brief behavior modification intervention regarding psychosocial stressors, adjustment issues, and other pertinent concerns.

### **Clinical Supervision Experience**

- 2018-present      **University of Florida:** Provide direct supervision of graduate student, predoctoral interns, and postdoctoral fellows.
- 2015-2016      **University of Florida Health Science Center:** Provided direct supervision of graduate students conducting individual therapy.

2013-2015 **Center for Psychological Services and Development-Assessment Service (VCU):** Provided direct supervision of doctoral students conducting comprehensive assessments (intelligence, achievement, personality, diagnostic, neuropsychological).

2013 **Clinical supervision of First Year Students (VCU):** Provided individual supervision for first-year students with his/her practice clients.

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### **Funded Clinical Health Psychology Research Experience**

2010-2015 **Project Coordinator and Graduate Research Assistant - VCU**  
**Principal Investigator:** Suzanne E. Mazzeo, Ph.D.  
**Overview:** Assisted in the management of three federally funded research projects including obesity, binge-eating, and nutrition policy interventions.

**2014-2015- Improving Diet via a School Cafeteria Intervention, Optimizing National School Lunch Program (NSLP) Policy Impact (R03 HD080938-01):** Acted as the project coordinator, managing all aspects of this NIH-funded intervention evaluating components of the NSLP.

**2011-2015- An Evaluation of LIBER8, Linking Individuals Being Emotionally Real (R34 MH086922):** Acted as the project coordinator, managing all aspects of this NIH-funded clinical intervention to treat binge and loss of control eating in adolescent girls aged 13-17 and college women aged 18-22.

**2011-2015- Nourishing our Understanding of Role Modeling to Improve Support and Health (NOURISH+; R01 HD066216):** Served as a graduate research assistant for this NIH-funded community intervention designed to teach skills that help prevent obesity and eating problems in children aged 5-11 who were at or above the 85<sup>th</sup> percentile for body mass index.

2009-2010 **Research Assistant - University of Florida**  
**Principal Investigator:** Michael G. Perri, Ph.D.  
**Overview:** Undergraduate research assistant for an NIH-funded study evaluating the efficacy of a weight management program for adults living in rural communities.

### **Clinical Health Psychology Research Experience**

2012-2015 **LIBER8 Adolescent DBT-Based Binge Eating Intervention:** Co-developed the manual for the DBT-based binge eating intervention and treatment-as-usual groups. Trained group leaders for both study arms. Co-led the treatment-as-usual

group and conducted individual binge-eating intervention sessions for participants whom the group intervention was not an option.

- 2011-2015      **NOURISH+ Childhood Obesity Prevention Program:** Co-led a manualized, weekly, cognitive behavioral and skill-based group for parents of overweight children (aged 5-11) who were at or above the 85<sup>th</sup> percentile for body mass index.
- 2011-2012      **TEENS Obesity Clinic:** Provided individual and family therapy addressing health behavior change for weight management with adolescents (aged 12-17) who were at or above the 85<sup>th</sup> percentile for body mass index. Facilitated a cognitive behavioral and skill-based group for parents of overweight adolescents.
- 2010-2011      **Dissonance Based Body-Image Intervention:** Co-led a manualized group intervention based on cognitive dissonance theory. Participants included college-aged women with sub-threshold eating disorders.

#### **Peer-Reviewed Publications (Palmberg to Holgerson)**

- Holgerson, A. A.,** Clark, M. M., Frye, M. A., Kellogg, T. A., Mundi, M. S., Veldic, M., & Grothe, K. (2021). Symptoms of bipolar disorder are associated with lower bariatric surgery completion rates and higher food addiction. *Eating Behaviors, 40*, 101462.
- Holgerson, A. A.,** Clark, M., Ames, G., Collazo-Clavell, M., Kellogg, T., Graszer, K.,...& Grothe, K. (2018). Adverse childhood experiences and food addiction in patients seeking bariatric surgery. *Obesity Surgery, 28*, 3386-3392.
- Ames, G., Heckman, M., Diehl, N., Sheperd, D., **Holgerson, A. A.,** Grothe, K. & Clark, M. M. (2017). Guiding patients toward the appropriate surgical treatment for obesity: Should presurgery psychological correlates influence choice between Roux-en-Y gastric bypass and vertical sleeve gastrectomy? *Obesity Surgery, 27*, 2759-2767.
- Mazzeo, S. E., Bean, M. K., **Palmberg, A. A.,** Simpson, C. S., Thacker, L. R., Dunne Stewart, M., & Gow, R. W. (2017). A pilot intervention targeting dietary intake in school cafeterias. *Health Behavior and Policy Review, 4*, 256-264.
- Mazzeo, S. E., Lydecker, J., Harney, M., **Palmberg, A. A.,** Kelly, N. R., Gow, R. W.,... & Latzer, Y. (2016). Development and preliminary effectiveness of an innovative treatment for binge eating in racially diverse adolescent girls. *Eating Behaviors, 22*, 199-205.
- Lydecker, J. A., Cotter, E. W., **Palmberg, A. A.,** Simpson, C., Kwitowski, M., White, K., & Mazzeo, S. E. (2016). Does this Tweet make me look fat? A content analysis of weight stigma on Twitter. *Eating and Weight Disorders-Studies on Anorexia, Bulimia and Obesity, 21*, 229-235.

- Hubbard, R., **Palmberg, A. A.**, Lydecker, J. A., Green, B., Kelly, N. R., & Bean, M. K. (2015). Culturally-based communication about health, eating, and food: Development and validation of the CHEF scale. *Appetite*, *96*, 399-407.
- Lydecker, J. A., **Palmberg, A. A.**, Vatalaro Hill, K., & Mazzeo, S. E. (2015). Young adults' food selection patterns: Relations with binge eating and restraint. *Journal of College Student Development*, *56*, 493-498.
- Palmberg, A. A.**, Stern, M., Kelly, N. R., Bulik, C. B., Belgrave, F. Z., Trapp, S., & Mazzeo, S. E. (2014). Adolescent girls and their mothers talk about experiences of binge and loss of control eating. *Journal of Child and Family Studies*, *23*, 1403-1416.
- van den Akker, K., Stewart, K., Antoniou, E. E., **Palmberg, A. A.**, & Jansen, A. (2014). Food cue reactivity, obesity, and impulsivity: Are they associated? *Current Addiction Reports*, *1*, 301-308.
- Serdar, K., Kelly, N. R., **Palmberg, A. A.**, Lydecker, J. A., Thornton, L., Tully, C. E., & Mazzeo, S. E. (2014). Comparing online and face-to-face dissonance-based eating disorder prevention. *Eating Disorders: The Journal of Treatment and Prevention*, *22*, 244-260.
- Mazzeo, S. E., Kelly, N. R., Stern, M., **Palmberg, A. A.**, Belgrave, F. Z., Tanofsky-Kraff, M., & Bulik, C. M. (2013). LIBER8 design and methods: An integrative intervention for loss of control eating among African American and White adolescent girls. *Contemporary Clinical Trials*, *34*, 174-185.
- Gerke, C. K., Mazzeo, S. E., Stern, M., **Palmberg, A. A.**, Evans, R. K., & Wickham, E. P. (2013). The stress process and eating pathology among racially diverse adolescents seeking treatment for obesity. *Journal of Pediatric Psychology*, *38*, 785-793.

### **Book Chapters**

- Mazzeo, S. E., Gow, R., & **Palmberg, A. A.** (2015). The integration of eating disorders and obesity prevention. In Smolak, L. & Levine, M. (Eds.), *The Wiley-Blackwell Handbook of Eating Disorders* (669-680). John Wiley & Sons.

### **Manuscripts Under Review and In Preparation**

- Holgerson, A. A.**, Grothe, K., Geske, J., Clark, M., & Jensen, M. (In preparation). Predicting attrition and weight loss outcomes of a community-based intervention for obesity.
- Holgerson, A. A.**, Cerhan, J., Clark, M., & Grothe, K. (In preparation). Outcome for individuals with cognitive limitations seeking bariatric surgery.

### **National and International Presentations**

- Blackstone, R., Crowley, N., **Holgerson, A.A.**, & Lazarus, E. (November 2020). There is no I in TEAM - The art of interprofessional obesity practice. In A. Fitch and C. Stills, *TOS/OMA Joint Case Studies Session*. Obesity Week 2020, virtual due to Covid-19 outbreak.
- Goetze, R. E., Jensen, M., **Holgerson, A. A.**, Wade, T., Mikhail, D., Jensen, T.,...& Grothe, K. (April 2020). *Psychological predictors of outcomes following 12-month primary care behavioral weight loss intervention*. To be presented at the Society of Behavioral Medicine Annual Meeting and Scientific Sessions, San Francisco, CA. (Canceled due to Covid-19 outbreak).
- Goetze, R. E., Jensen, M., **Holgerson, A. A.**, Wade, T. W., Mikhail, D. S., Jensen, T. B.,...& Grothe, K. (September 2019). *Psychological predictors of outcomes in response to a 12-month outpatient behavioral weight loss intervention*. Presented at the Annual Conference of the European Health Psychology Society, Dubrovnik, Croatia.
- Goetze, R. E., Clark, M., **Holgerson, A. A.**, Ames, G., Mundi, M., Kellogg, T.,...& Grothe, K. (March 2019). *Preoperative loss of control eating: Impact on Roux-en-y gastric bypass and sleeve gastrectomy weight loss outcomes*. Presented at the Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Washington D.C.
- Holgerson, A. A.**, Clark, M., Frye, M. A., Kellogg, T., Mundi, M., Veldic, M. & Grothe, K. (March 2018). *Bipolar disorder, food addiction, and bariatric surgery*. Presented at The International Society for Bipolar Disorders annual conference, Mexico City, Mexico.
- Holgerson, A. A.**, Clark, M., Cerhan, J., Owens, T., Shah, M., Kellogg, T., & Grothe, K. (October 2017). *Characteristics of and Bariatric Surgery Outcomes for Individuals with Suspected Cognitive Limitations*. Presented at the Association for Metabolic and Bariatric Surgery's Annual Conference, National Harbor, MD.
- Holgerson, A. A.**, Clark, M., Ames, G., Mundi, M., Kellogg, T., & Grothe, K. (April 2017). *Type of Bariatric Surgery, Weight Loss Expectations, and Weight Loss*. Presented at The Canadian Obesity Summit, Banff, Alberta, Canada.
- Holgerson, A. A.**, Clark, M., Ames, G., Collazo-Clavell, M., Kellogg, T., Graszer, K., & Grothe, K. (March 2017). *Impact of Adverse Childhood Experiences on Risk for Food Addiction and Substance Use in Obesity Treatment-Seeking Individuals*. Presented at The Society of Behavioral Medicine Annual Meeting and Scientific Sessions, San Diego, CA
- Jeffers, A., **Palmberg, A. A.**, & Benotsch, E. (April 2016). *Novel Forms of Internet Media, Body Image, and Disordered Eating*. Presented at The Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Washington, DC.
- Mazzeo, S. E., Stern, M., **Palmberg, A. A.**, Tanofsky-Kraff, M., Thornton, L., Bean, M. K., & Bulik, C. (April 2015). *Satisfaction, Feasibility, and Outcomes of a Binge Eating Intervention*. Presented at the annual International Conference on Eating Disorders, Boston, MA.

Lydecker, J. A., **Palmberg, A. A.**, Cotter, E., & Mazzeo, S. E. (March 2014). *Does this Tweet Make Me Look Fat? Content Analysis of Fat Stigma on Twitter*. Presented at the annual International Conference on Eating Disorders, New York City, NY.

Mazzeo, S. E., Lydecker, J. A., Gow, R., **Palmberg, A. A.**, Stern, M., Tanofsky-Kraff, M., & Bulik, C. M. (September 2013). *Factors Influencing Retention and Recruitment in a BED RCT*. Presented at the Eating Disorder Research Society Annual Conference, Bethesda, MD.

**Palmberg, A. A.**, Stern, M., Kelly, N. R., Bulik, C. B., Belgrave, F. Z., Trapp, S., & Mazzeo, S. E. (May 2013). *Mothers' Concerns for their Daughters' Eating Habits*. Presented at the annual International Conference of Eating Disorders, Montréal, QC, Canada.

Lydecker, J. A., **Palmberg, A. A.**, & Mazzeo, S. E. (May 2013). *Young Adults' Food Selection Patterns: Relations with Binge Eating and Restraint*. Presented at the annual International Conference of Eating Disorders, Montréal, QC, Canada.

**Palmberg, A. A.**, Stern, M., Kelly, N. R., Bulik, C. B., Belgrave, F. Z., Trapp, S., & Mazzeo, S. E. (May 2012). *Adolescent Girls' Experience of Binge and Loss of Control Eating*. Presented at the annual International Conference of Eating Disorders, Austin, TX.

Mazzeo, S. E., Kelly, N. R., **Palmberg, A. A.**, Stern, M., Tanofsky-Kraff, M., Belgrave, F., & Bulik, C. M. (October 2011). *Developing an Intervention For Binge Eating Among African American Adolescent Girls: Results of Focus Groups With Mothers and Daughters*. Presented at Obesity 2011: The Obesity Society 29th Annual Scientific Meeting, Orlando, FL.

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## **Professional Activities**

### **Professional Organization Membership**

American Psychological Association (APA)  
APA Division 38, Health Psychology  
Society for Behavioral Medicine (SBM)  
The Obesity Society (TOS)  
Association for Metabolic and Bariatric Surgery (ASMBS)  
Academy of Clinical Health Psychology (ACHP)

### **Articles Reviewed**

2012-present

**Reviewer for the following journals:**

- *Obesity Surgery*
- *Surgery for Obesity and Related Diseases*
- *Eating Behaviors*
- *Journal of Clinical Child and Adolescent Psychology*
- *Journal of Counseling Psychology*
- *Stigma and Health*

### **Master's Thesis and Dissertation Committees**

2019-2021                    **Dissertation Committee Member:** Guanming Chen, Department of Health Outcomes and Biomedical Informatics

### **Leadership and Service Activities**

2021- present              Chair, Community Outreach Subcommittee of the Health Equity Anti-Racism and Diversity (HEARD) Committee. University of Florida, Department of Clinical and Health Psychology

2019- present              University of Florida Department of Clinical and Health Psychology Medical/Health Psychology Postdoctoral Fellowship Program Director

2019-present              Commencement Floor Marshal/Name Reader

2019                          Faculty Search Committee Member – Rehabilitation Psychologist Position. University of Florida, Department of Clinical and Health Psychology

2017-2018                  Mayo Clinic Department of Psychiatry and Psychology Grand Rounds Committee

2016-2018                  Mayo Clinic Department of Psychiatry and Psychology Research Committee

2014-2015                  Virginia Commonwealth University Graduate Student Mentorship Program

2013-2015                  American Psychological Association of Graduate Students (APAGS) State Advocacy Coordinator

2012-2015                  Virginia Commonwealth University Undergraduate Research Assistant Coordinator

2013-2014                  Virginia Commonwealth University APAGS Campus Representative

### **Honors, Awards, and Nominated Positions**

2020                          University of Florida Department of Clinical and Health Psychology Hugh C. Davis Award for Excellence in Clinical Supervision

2017                          Mayo Clinic Department of Psychiatry and Psychology Research Summit Award-Behavioral Medicine Category

2015                          Outstanding Counseling Graduate Student at Virginia Commonwealth University

2014                          Elizabeth A. Fries Memorial Scholarship

2014                          Department of Psychology Student Representative for Faculty Search Committee

2013 Department of Psychology Travel Award

2013 Graduate School Travel Award

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### **Teaching and Didactic Experience**

2011-present

**Guest Lecturer:**

- Introduction to Health Psychology (spring 2020, spring 2021; University of Florida): *Eating Disorders and Bariatric Surgery*
- Clinical Psychology (spring 2020, spring 2021; University of Florida): *Eating Disorders*
- Clinical Psychology (fall 2015; University of Florida): *Eating Disorders*
- Grant Writing (fall 2013, 2014; Virginia Commonwealth University): *Reflections on the Grant-Writing Experience.*
- Teaching Practicum (fall 2013, 2014; Virginia Commonwealth University): *Use of Technology to Advance Learning Outside the Classroom.*
- Child Psychopathology (spring 2013; Virginia Commonwealth University): *Obesity and Eating Disorders in Children and Adolescents.*
- Qualitative Methods and Analysis (spring 2012; Virginia Commonwealth University): *Conducting Focus Groups.*

2020

**Presentation to Shadow Health:** *Stress and Anxiety in the Time of Covid-19.*

2020

**Moderator for The Society for Healthcare Epidemiology of America Rapid Response Podcast:** *Taking Care of Yourself.*

2018

**Mayo Clinic Department of Psychiatry and Psychology Grand Rounds:** *Impact of Adverse Childhood Experiences and Food Addiction on Bariatric Surgery* (Mayo Clinic).

2016-2018

**Co-facilitator:** *Discussing Chronic Pain and Opioid use with Patients- A Simulation Center Workshop* (Mayo Clinic). Total: seven workshops.

2017, 2018

**Guest Speaker to the Department of Surgery Fellows and Residents:** *Psychological Evaluation of Bariatric Surgery Candidates* (Mayo Clinic).

2016, 2017

**Guest Speaker to the Dan Abraham Healthy Living Center Weight Management Program:** *Cognitive Behavioral Therapy for Weight Management* (Mayo Clinic).

- 2014                   **Instructor:** *Experimental Methods* (3 credits; Virginia Commonwealth University). Total: one semester, summer 2014.
- 2012, 2013           **Instructor:** *Introduction to Psychology* (4 credits; Virginia Commonwealth University). Total: two semesters, summers 2012 and 2013.
- 2010-2012           **Lab Instructor:** *Application of Statistics* (3 credits; Virginia Commonwealth University). Total: five semesters, fall/spring 2010-2011, summer 2011, fall/spring 2011-2012.