

Allison A. Holgerson, PhD, ABPP

Clinical Assistant Professor

Department of Clinical and Health Psychology, University of Florida

Board Certified in Clinical Health Psychology

Fellow, Academy of Clinical Health Psychology

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Professional Positions

Clinical Assistant Professor

University of Florida (UF; 09/2018-present)

Department of Clinical and Health Psychology (CHP)

Director of Clinical Training

University of Florida (05/2023-present)

Department of Clinical and Health Psychology

Medical/Health Psychology Postdoctoral Fellowship Director

University of Florida (08/2019-05/2023)

Department of Clinical and Health Psychology

Licensure

Florida

Licensed Psychologist PY10288

October 1, 2018-present

Minnesota

Licensed Psychologist LP6197

December 12, 2017-January 13, 2020

Education

Fellowship

Mayo Clinic (07/2016-08/2018)

Clinical Health Psychology Fellowship

Major Area: Medical Psychology

Accredited by the American Psychological Association

PhD

Virginia Commonwealth University (VCU; 08/2010-08/2016)

Doctor of Philosophy, Counseling Psychology

Area of Concentration: Health Psychology

Accredited by the American Psychological Association

Internship

University of Florida Health Science Center (07/2015-06/2016)

Pre-doctoral Internship

Track: Medical/Health Psychology

Accredited by the American Psychological Association

MS

Virginia Commonwealth University (08/2010-05/2012)

Master of Science, Counseling Psychology

Accredited by the American Psychological Association

BS

University of Florida (08/2006-05/2010)

Bachelor of Science, *summa cum laude*

Major: Psychology

Minors: Education; Family, Youth, and Community Sciences

Departmental Leadership

2023-present	Director of Clinical Training , University of Florida CHP
2021-present	Chair , University of Florida CHP Community Outreach Subcommittee of the Health Equity Anti-Racism and Diversity (HEARD) Committee
2021-present	Member , University of Florida CHP Microaggression Support Team
2019-2023	Medical/Health Psychology Postdoctoral Fellowship Director , University of Florida CHP

Clinical Experience

Clinical Assistant Professor, Bariatric Psychologist

09/2018-present	University of Florida, CHP <ul style="list-style-type: none">• Direct the bariatric/weight management clinical service associated with the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP) Accredited Metabolic and Bariatric Surgery Center at UF Health.• Conduct and supervise comprehensive psychological evaluations for adolescents and adults (ages 12+) being considered for bariatric and related procedures (e.g., Roux-en-Y gastric bypass, vertical sleeve gastrectomy, single anastomosis duodeno-ileostomy with sleeve gastrectomy [SADI], endoscopic sleeve gastrectomy, gastric pacemaker placement).• Participate in a multidisciplinary team of surgeons, gastroenterologists, registered dietitians, bariatric nurses, pulmonologists, endocrinologists, etc.
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- Participate in biweekly Bariatric Team Case Conference and MBSAQIP team meetings. Present to UF Health Metabolic and Bariatric Surgery Center peer support group.
- Provide clinical training and supervision of graduate students, predoctoral interns, and postdoctoral fellows.
- Conduct and supervise outpatient, individual therapy pre- and post-bariatric surgery to address psychological contraindications to bariatric surgery as well as for behavioral weight management and other eating concerns (e.g., binge eating disorder).
- 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.

Postdoctoral 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.
- 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 other medical conditions, and psychosocial factors contributing to medical conditions.
- 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.
- 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.
- 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.

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.

Predoctoral 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: bariatric surgery/weight management, complex/primary care, chronic pain/gastrointestinal (GI) illness, solid organ and bone marrow transplant, acute neurotrauma, women's health and infertility, and oncology.

01/2016-04/2016 **University of Florida Health Science Center-Adult Neuropsychology (Minor Rotation)**

- Conducted outpatient neuropsychological assessments with integrated report generation. Referrals included the assessment of adult learning disabilities, traumatic brain injury, epilepsy, dementia, and general mental health.

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 and their families with acute and chronic health conditions (Crohn's disease/ulcerative colitis, encopresis, feeding aversion, abdominal pain).

Graduate Practica

2014-2015 **Medical College of Virginia (at VCU)-Integrated Primary Care Clinic**

- Provided brief evidence-based interventions and referral to specialty practices for adults being treated for medical conditions with a behavioral or psychosocial component (e.g., obesity, insomnia, chronic pain, and 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

2018-present

University of Florida CHP: Provide direct supervision of graduate students, predoctoral interns, and postdoctoral fellows in assessment, intervention, tiered supervision, and consultation activities.

2015-2016

University of Florida CHP: 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, etc.).

2013

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

Research Experience

Sponsored Projects

- 2022-present **Co-Investigator - University of Florida**
Principle Investigator: Ronald Cohen, PhD, ABPP
Overview: Under review
- Under review – Obesity and Type-2 Diabetes: Bariatric Surgery Effects on Brain Function (R01DK099334)**
- 2010-2015 **Project Coordinator and Graduate Research Assistant - VCU**
Principal Investigator: Suzanne E. Mazzeo, PhD
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)**
- 2011-2015- An Evaluation of LIBER8, Linking Individuals Being Emotionally Real (R34 MH086922)**
- 2011-2015- Nourishing our Understanding of Role Modeling to Improve Support and Health (NOURISH+; R01 HD066216)**
- 2009-2010 **Research Assistant - University of Florida**
Principal Investigator: Michael G. Perri, PhD, ABPP
Overview: Undergraduate research assistant for an NIH-funded study evaluating the efficacy of a weight management program for adults living in rural communities.

Research Intervention Delivery

- 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. 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 85th 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 85th 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)

Chen, G., Donahoo, W. T., Cardel, M. I., **Holgerson, A. A.**, Ayzengart, A., Johnson-Mann, C. N., & Gurka, M. (In press). Variation by race/ethnicity in the utilization and health outcomes following metabolic bariatric surgery in the OneFlorida Clinical Research Consortium. *Surgery for Obesity and Related Diseases*.

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). Association of adverse childhood experiences and food addiction to bariatric surgery completion and weight loss outcome. *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.

National and International Presentations

- Chen, G., Donahoo, W. T., Cardel, M. I., **Holgerson, A. A.**, Ayzengart, A., Johnson-Mann, C. N., & Gurka, M. (June 2021). *Disparities in the utilization of bariatric surgery among obese patients with or without Type 2 Diabetes: Evidence from the OneFlorida Clinical Research Consortium*. Presented at the American Diabetes Association Annual Conference, virtual due to Covid-19 pandemic.
- 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 pandemic.
- 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*. Presented at the Society of Behavioral Medicine Annual Meeting and Scientific Sessions, San Francisco, CA. (Canceled due to Covid-19 pandemic).
- 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.

Professional Activities

Honors, Awards, and Nominated Positions

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| 2020 | Hugh C. Davis Award for Excellence in Clinical Supervision - University of Florida CHP |
| 2017 | Research Summit Award-Behavioral Medicine Category - Mayo Clinic Department of Psychiatry and Psychology |
| 2015 | Outstanding Counseling Graduate Student – VCU Department of Psychology |
| 2014 | Elizabeth A. Fries Memorial Scholarship – VCU Department of Psychology |
| 2014 | Student Representative for Faculty Search – VCU Department of Psychology |
| 2013 | VCU Travel Award – VCU Graduate School |
| 2013 | VCU Graduate School Travel Award – VCU Department of Psychology |

Doctoral Dissertation Committee Membership

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| 2023-present | Dissertation Committee Member: Andrea Brockmann, Department of Clinical and Health Psychology, University of Florida |
| 2023-present | Dissertation Committee Member: Kelsey Arroyo, Department of Clinical and Health Psychology, University of Florida |
| 2021-2022 | Dissertation Committee Member: Dexter Wilborn, Department of Psychology, University of Florida |
| 2019-2021 | Dissertation Committee Member: Guanming Chen, Department of Health Outcomes and Biomedical Informatics, University of Florida |

Invited Reviewer

- 2012-present **Reviewer:**
- *Obesity Surgery*
 - *Surgery for Obesity and Related Diseases*
 - *Eating Behaviors*
 - *Journal of Clinical Child and Adolescent Psychology*
 - *Journal of Counseling Psychology*
 - *Stigma and Health*

Service Activities

- 2023-present **Committee Member** – Culture/Cohesiveness Strategic Planning Workgroup, University of Florida CHP
- 2023-present **Faculty Search Committee Member** –Clinical Neuropsychology Assistant Professor Position, University of Florida CHP
- 2020-present **Applicant Mentor** – American Board of Professional Psychology
- 2020-present **Practice Sample Reviewer** – American Board of Professional Psychology
- 2019-present **Committee Member** – Pre-doctoral internship application review committee, University of Florida CHP
- 2019-present **Commencement Name Reader**, University of Florida
- 2022 **Faculty Search Committee Member** – Liver Transplant Clinical Assistant Professor Position, University of Florida CHP
- 2019 **Faculty Search Committee Member** – Rehabilitation Psychologist Position, University of Florida CHP
- 2017-2018 **Member** - Grand Rounds Committee, Mayo Clinic Department of Psychiatry and Psychology
- 2016-2018 **Member** - Research Committee, Mayo Clinic Department of Psychiatry and Psychology
- 2014-2015 **Mentor** - Graduate Student Mentorship Program, VCU Graduate School
- 2013-2015 **State Advocacy Coordinator** - American Psychological Association of Graduate Students (APAGS), VCU Department of Psychology
- 2012-2015 **Undergraduate Research Assistant Coordinator** – VCU, Department of Psychology
- 2013-2014 **Campus Representative** – APAGS, VCU Department of Psychology

Teaching and Didactic Experience

2010-present

Instructor:

- Core Practicum in Clinical Psychology (2020-present; University of Florida CHP)
- Advanced Practicum in Applied Medical Psychology (2019-present; University of Florida CHP)
- Practicum in Intervention (2019, 2022; University of Florida CHP)
- Experimental Methods (summer 2014; VCU Department of Psychology)
- Introduction to Psychology (summer 2012, summer 2013; VCU Department of Psychology)
- Application of Statistics (lab instructor fall/spring 2010-2011, summer 2011, fall/spring 2011-2012; VCU Department of Psychology)

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*.

2023

Interview with St. Thomas Aquinas students: *Moral Ethics of Suicide*.

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).