

**Reagan L. Miller, Ph.D., M.S., MFT-C**  
Colorado State University, Human Development & Family Studies  
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**EDUCATION:**

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**Ph.D., Applied Developmental Science** 2023  
Colorado State University, Fort Collins, CO

- Dissertation: Ecological Momentary Assessment of Mechanisms of Change during a Mindfulness-based Intervention for At-risk Adolescents
- Co-Advisors: Rachel Lucas-Thompson, Ph.D. and Lauren Shomaker, Ph.D.

**M.S., Human Development and Family Studies** 2021  
**Marriage and Family Therapy Specialization** (AAMFT accredited program)  
Colorado State University, Fort Collins, CO

- Thesis: An Investigation of Mindfulness, Adolescent Psychopathology and Regulatory Emotional Self-Efficacy

**B.S., Psychology** 2016  
Virginia Polytechnic Institute and State University (Virginia Tech), Blacksburg, VA

- Minor: Statistics

**ACADEMIC POSITIONS:**

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*Assistant Professor*, Colorado State University, Department of Psychology 2023- Current

*Graduate Research Assistant*, Colorado State University, 2018- 2023  
Moving to Mindful/Family Relationships and Development Lab,  
Adolescent Wellness Lab &  
Campus Connections

*Professional Research Assistant (PRA)/ Research Coordinator*, University of Colorado Denver 2016- 2018

*Undergraduate Research Assistant*, Virginia Tech 2015-2016  
Department of Psychology, Social Development Lab

**TEACHING EXPERIENCE:**

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*Invited Assistant Supervisor*, Family Therapy Practice: Addictions & Topics in Sexuality, Colorado State University 2022

*Invited Graduate Teaching Assistant*, Research Methods I, Colorado State University 2021

*Invited Graduate Teaching Assistant*, Structural Equation Modeling, Colorado State University 2020

## HONORS & AWARDS:

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<i>George A. Morgan Dissertation Award, Colorado State University (\$1,000)</i>	2022
<i>Professional Development and Supply Award, Colorado State University (\$100)</i>	October 2022
<i>Internal Family Systems (IFS) Institute Training Scholarship (\$900)</i>	October 2022
<i>Prudence M. Kaley Scholarship, Colorado State University (\$2,205)</i>	August 2021-May 2022
<i>Top 8 Finalist, Psych Science in 3 (Psy-in-3), APA 2021 Virtual Conference</i> Awarded to top eight students in Psy-in-3 competition delivering 3-minute presentations	August 2021
<i>College of Health and Human Sciences Graduate Student of the Year</i>	2021
<i>Prudence M. Kaley Scholarship, Colorado State University (\$3,150)</i>	August 2020-May 2021
<i>Mind-Life Contemplative Research Conference Scholarship (\$100)</i>	October 2020
<i>Professional Development and Supply Award, Colorado State University (\$100)</i>	November 2020
<i>Outstanding Research, Virginia Tech</i> Awarded to one undergraduate student in the Department of Psychology	May 2016
<i>Magna Cum Laude, Virginia Tech</i>	May 2016
<i>Dean's List, Virginia Tech</i>	January 2013- May 2016

## PEER-REVIEWED PUBLICATIONS:

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- Miller, R. L., Bernstein, R., Sanchez, N., Gutierrez-Colina, A., Ruzicka, E., Bell, C., Johnson, S. A., Shomaker, L. B. & Lucas-Thompson, R. G. (in press) Brief report: daily mindfulness, negative affect, and eating behaviors in adolescents at risk for excess weight gain. *International Journal of Eating Disorders*.
- Lucas-Thompson, R. G., Moran, M., Miller, R.M., Adams, M.A., Seiter, N.S., Rayburn, S., & Prince, M.A. (2023). Does a mindfulness-based intervention strengthen mindfulness-stress buffering effects in adolescence? A preliminary investigation. *Current Psychology*.  
<https://doi.org/10.1007/s12144-023-04520-5>
- Bernstein, R., Conte, I., Gulley, L., Miller, R. L., Clark, E., Lucas-Thompson, R. L., & Shomaker, L.B. (2023). Bringing attention to friendship: Moderating effects of mindfulness on the interpersonal model of disordered eating in adolescents. *Current Psychology*. <https://doi.org/10.1007/s12144-022-03874-6>
- Smith, A. D., Sanchez, N., Harrison, K., Bourne, C., Clark, E. L., Miller, R.L., Melby, C., Johnson, S.A., Lucas-Thompson, R., & Shomaker, L.B. (2023). Observations of parent-adolescent interactions relate to food parenting practices and adolescent disordered eating in adolescents at risk for adult obesity. *Family Process*. <https://doi.org/10.1111/famp.12829>
- Miller, R. L., Moran, M., Lucas-Thompson, R. G., Sanchez, N., Seiter, N., Rayburn, S., Verros M., Johnson S, Zimmerman, T., Haddock, S., & Shomaker, L. B. (2022). Mental health and health behaviors among college student mentors in a randomized controlled trial interrupted by COVID-

19. *Journal of American College Health*, 1-5. Advance online publication.  
<https://doi.org/10.1080/07448481.2022.2086007>
- Lucas-Thompson, R. G., Seiter, N. S., **Miller, R. L.**, Rigsby, B., & Crain, T.L. (2021). Inadequate sleep moderates effects of interparental conflict appraisals on adolescent adjustment. *Sleep Health* (8)1, 82-88. <https://doi.org/10.1016/j.sleh.2021.10.012>
- Miller, R. L.**, Moran, M., Shomaker, L. B., Seiter, N., Sanchez, N., Verros, M., Rayburn, S., Johnson, S., & Lucas-Thompson, R. (2021). Health effects of COVID-19 for vulnerable adolescents in a randomized controlled trial. *School Psychology*, 36(5), 293–302.  
<https://doi.org/10.1037/spq0000458>
- Miller, R. L.**, Comstock, R. D., Pierpoint, L., Leonard, J., Bajaj, L., & Mistry, R. D. (2021). Facilitators and barriers for parental consent to pediatric emergency research. *Pediatric Research*, 1-7.  
<https://doi.org/10.1038/s41390-021-01600-9>
- Jimenez, V., Sanchez, N., Clark, E., **Miller, R. L.**, Casamassima, M., Verros, M., Conte, I., Ruiz-Jaquez, M., Gulley, L. D., Johnson, S. A., Melby, C., Lucas-Thompson, R. G., & Shomaker, L. B. (2021). Associations of adverse childhood experiences with stress physiology and insulin resistance in adolescents at risk for adult obesity. *Developmental Psychobiology*, 63(6), e22127.  
<https://doi.org/10.1002/dev.22127>
- Lucas-Thompson, R. G., **Miller, R. L.**, Seiter, N. S., Prince, M.A., Crain C., & Shomaker, L. B. (2021). Within-person variations in mindfulness mediate effects of daily stressors on psychological distress in adolescence. *Psychology and Health*, 1-19.  
<https://doi.org/10.1080/08870446.2021.1929982>
- Clark, E., Gulley, L. D., Prince, M. A., Casamassima, M., Sanchez, N., Jimenez, V., Johnson, S. A., **Miller, R. L.**, Conte, I., Kaar, J. L., Simon, S. L., Melby, C., Lucas-Thompson, R. G., & Shomaker, L. B. (2021). The role of mindfulness in associations among depression symptoms, sleep duration, and insulin resistance in adolescents. *Journal of Behavioral Medicine*, 44(5), 694–703. <https://doi.org/10.1007/s10865-021-00225-x>
- Miller, R. L.**, Lucas-Thompson, R. G., Sanchez, N., Smith, A. D., Annameier, S. K., Casamassima, M., Verros, M., Melby, C., Johnson, S. A., & Shomaker, L. B. (2021). Effects of a mindfulness-induction on subjective and physiological stress response in adolescents at-risk for adult obesity. *Eating Behaviors*, 40, 101467. <https://doi.org/10.1016/j.eatbeh.2020.101467>
- Lucas-Thompson, R. G., **Miller, R. L.**, & Seiter, N. S. (2021). Dispositional mindfulness is cross-sectionally predicted by interactions between interparental conflict and parent-child relationships. *Personality and Individual Differences*, 172, 110556.  
<https://doi.org/10.1016/j.paid.2020.110556>
- Lucas-Thompson, R. G., Seiter, N. S., **Miller, R. L.**, & Crain, T. L. (2021). Does dispositional mindfulness buffer the links of stressful life experiences with adolescent adjustment and sleep? *Stress and Health*, 37(1), 140–150. <https://doi.org/10.1002/smi.2980>
- Lucas-Thompson, R. G., **Miller, R. L.**, Seiter, N. S., & Prince, M. A. (2019). Dispositional mindfulness predicts cortisol, cardiovascular, and psychological stress responses in adolescence. *Psychoneuroendocrinology*, 110, 104405. <https://doi.org/10.1016/j.psyneuen.2019.104405>

## **PUBLICATIONS UNDER REVIEW:**

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**Miller, R. L.**, Moran, M., Shomaker, L. B., Sanchez, N., Rayburn, S., Seiter, N., Verros, M., Johnson, S., Haddock, S., Zimmerman, T., & Lucas-Thompson, R. G. (2023). COVID-19 moderators of longitudinal changes in mental health among vulnerable adolescents. Manuscript submitted for publication.

**Miller, R. L.**, Shomaker, L., Prince, M., Haddock, S., Zimmerman, T., Rzonca, A., Krause, J., Lavender, J., Sibinga, E., & Lucas-Thompson, R. G. (2023). Momentary associations of life stressors with mindfulness and emotion regulation difficulties among adolescents exposed to chronic stressors. Manuscript submitted for publication.

Moran, M., **Miller, R. L.**, Rzonca, A., Krause, J. T., Adams, M., Rigsby, B. A., Prince, M. A., & Lucas-Thompson R.G. (2023). Motivation for practicing mindfulness: changes with MBI and associations with adherence, mindfulness, self-compassion, emotion regulation, and stress. Manuscript submitted for publication.

## **PUBLICATIONS IN PREPERATION: (Submissions expected by June 2023)**

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**Miller, R. L.**, Shomaker, L., Prince, M., Haddock, S., Zimmerman, T., Krause, J., Rzonca, A., Lavender, J., Sibinga, E., & Lucas-Thompson, R. G. (2023). Investigating the role of mindfulness training using ecological momentary assessment among adolescents exposed to chronic stressors. Manuscript in preperation.

Maples, A. E., Haddock, S. A., LeBouef, S., **Miller, R. L.**, Zimmerman, T., & Weiler, L. M., College students' experience of flourishing, mental health challenges, and e-youth mentoring through a service-learning program: understanding the connection. Manuscript in preparation.

Rzonca, A., Rigsby, B. A., Krause, J., Moran, M., Adams, M., **Miller, R. L.**, & Lucas-Thompson R. G., The relationship between mental health symptoms and attendance in mindfulness based intervention. Manuscript in preparation.

Rigsby, B.A., Moran, M., **Miller, R. L.**, Krause, J. T., Rzonca, A., Adams, M., Prince, M. A., & Lucas-Thompson R. G. Intraindividual reciprocity of engagement and internalizing symptom severity in a group mental health intervention. Manuscript in preparation.

Lucas-Thompson R.G., **Miller, R. L.**, Moran, M., Rzonca, A., Krause, J. T., Montavon, J., Haddock, S. A., Zimmerman, T., & Shomaker, L.B. "Scaling out" a mindfulness-based intervention through a youth mentoring program: preliminary evidence for feasibility, acceptability, and effectiveness. Manuscript in preparation.

## **CONFERENCE PRESENTATIONS:**

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### **Chaired/organized symposia:**

Symposium co-organizer (with Rachel Lucas-Thompson): Advances in Mindfulness-Based Interventions for Adolescents. Society for Research on Adolescence 2022 Biennial Conference, New Orleans, LA.

### **Paper presentations:**

+Denotes mentored undergraduate student | \* Denotes role as a presenter/ co-presenter

- Miller, R.L.**, Shomaker, L.B., Prince, M., Rzonca, A., Krause, K., Haddock, S., Zimmerman, T., Lavender, J., Sibinga, E., & Lucas-Thompson, R.G. (2023, June). *An Ecological Momentary Assessment Investigation: Can Adolescents Exposed to Adversities Remain Mindful and Regulated during Moments of Stress?*. [Accepted paper presentation]. 2023 International Society for Ambulatory Assessment, Amsterdam, NL.
- Gutierrez-Colina, A. M., **Miller, R.L.**, Moran, M., Lucas-Thomson, R. G., & Shomaker, L. B. (March, 2023). Self-Regulation and Health Behaviors in a Sample of High-Risk Youth Facing Adversity. In L. Deer (Chair). *Influences on child obesity and obesity-related health behaviors from infancy through adolescence*. Symposium presented at the Society of Research in Child Development Biennial Meeting, Salt Lake, UT.
- Lucas-Thompson, R.G., **Miller, R.L.**, Moran, M., Krause, J., Rzonca, A., Zimmerman, T., Haddock, S., & Shomaker, L.B., (2023, February). *Dissemination of a Mindfulness Intervention through a Mentoring Program for High-Risk Adolescents*. [Paper presentation]. 2023 International Society for Contemplative Research Annual Conference, San Diego, CA.
- Patrick, S.,<sup>+</sup> **Miller, R.L.**, Zimmerman, T., Haddock, S.A. & Lucas-Thompson. R.G., (2022, August). *Examining associations between mindfulness, parent-child relationships and mindfulness training among adolescents in a mentoring program*. [Paper presentation]. 2022 Research Experience for Undergraduates (REU) Research Symposium, Fort Collins, CO.
- Moran, M., **Miller, R.L.**,\* Adams, M.S., Friedman, T., Rayburn, S., Seiter, N.S., Shomaker, L.B., Prince, M.A., & Lucas-Thompson, R.G. (2022, March). *Testing the benefits of incorporating a multi-modal adaptive technological supplement into a mindfulness-based intervention for older adolescents*. [Paper presentation]. 2022 Society for Research on Adolescence Biennial Meeting, New Orleans, LA.
- Lucas-Thompson, R.G., Seiter, N., Rayburn S., & **Miller, R. L.** (2021, April). *Dispositional mindfulness over the course of a mindfulness intervention mediates links between interparental conflict and depressive symptoms*. [Paper presentation]. 2021 Society for Research on Child Development Biennial Virtual Meeting, Online.
- Clark, E. L, Gulley, L. D., Prince, M. A., Casamassima, M., Sanchez, N., Jimenez, V., Johnson, S. A., **Miller, R. L.**, Conte, I., Kaar, J. L., Simon, S. L., Melby, C., Lucas-Thompson, R. G., & Shomaker, L. B. (2020, September). *The role of mindfulness in associations among depression symptoms, sleep duration, and insulin resistance in adolescents* [Paper presentation]. 2020 Society for Behavioral Medicine, Online.
- Lucas-Thompson, R.G., **Miller, R. L.**, Seiter, N., Crain, T., & Shomaker, L. (2020, March). *Day-to-day variations in mindfulness mediate effects of stressful experiences on perceived stress*. Paper accepted for presentation [conference cancelled]. 2020 Society for Research on Adolescence Biennial Meeting, San Diego, CA.
- Prendergast, S., **Miller, R. L.**,\* Klinedinst, T., Gerst, K., Wendt, K. (2019, May). *Informing precision prevention using latent class analysis* [Invited paper presentation]. 27th Society for Prevention Research (SPR) Annual Meeting, San Diego, CA.
- Coatsworth, J. D., Chapman, D., Weber, A. & **Miller, R.L.** (2019, October). *Engaging communities to address opioid use in communities* [Paper presentation]. 20<sup>th</sup> Annual Conference of the Engagement Scholarship Conference, Denver, CO.

**Poster presentations:**

+Denotes mentored undergraduate student

- Ruzicka, E.B., **Miller, R.**, Moran, M. J., Rzonca, A., Krause, J., Johnson, S. A., Lucas-Thompson, R., and Shomaker, L. B. (2023, November). *Posttraumatic Stress Disorder Symptoms and Health Behaviors in Adolescents Facing Adversity*. Poster session to be presented at The Obesity Society 2023 Annual Meeting, Dallas, TX.
- Miller, R. L.**, Bernstein, R., Sanchez, N., Gutierrez-Colina, A., Ruzicka, E., Bell, C., Johnson, S. A., Shomaker, L. B. & Lucas-Thompson, R. G. (2023, February) *Daily mindfulness, negative affect, and eating behaviors in adolescents at risk for excess weight gain*. [Poster presentation]. 2023 International Society for Contemplative Research Annual Conference, San Diego, CA.
- Moran, M.J., Thompson, T., **Miller, R.L.**, Shomaker, L.B, Krause, J.T., Rigsby, B.A., Rzonca, A.J., Lucas-Thompson, R.G. (2023, February). Adapting mindfulness training for delivery within youth mentoring: Acceptability considerations [Poster presentation]. 2023 International Society for Contemplative Research Annual Conference, San Diego, CA.
- Moran, M.J., Rzonca, A.J., **Miller, R.L.**, Krause, J.T., Adams, M.S., Rigsby, B.A., Prince, M.A., Lucas-Thompson, R.G. (2023, February). Motivation for practicing mindfulness: Changes with mindfulness training and associations with intervention outcomes [Poster presentation]. 2023 International Society for Contemplative Research Annual Conference, San Diego, CA.
- Rigsby, B. A., Moran, M. J., Krause, J. T., Rzonca, A. J., Montavon, J., **Miller, R. L.**, Brandt, L., Nelson, B. K., & Lucas-Thompson, R. G. (2023, April). *Intervention technology: Acceptability and outcomes of a technological supplement to a mindfulness-based intervention among high school students* [Poster presentation]. 2023 Society for Research on Adolescence Annual Conference, San Diego, CA.
- Patrick, S.,<sup>+</sup> **Miller, R.L.**, Zimmerman, T., Haddock, S.A. & Lucas-Thompson, R.G., (2022, August). *Examining associations between mindfulness, parent-child relationships and mindfulness training among adolescents in a mentoring program*. [Poster presentation]. 2022 Research Experience for Undergraduates (REU) Research Symposium, Fort Collins, CO.
- Reichelderfer, N.,<sup>+</sup> **Miller, R. L.**, Shomaker, L. & Lucas-Thompson, R. G., (2022, March). *The role of mindfulness in buffering the effects of covid-19 stress on difficulties with emotional regulation strategies in at-risk adolescents*. [Poster presentation]. 2022 College of Health and Human Science Research Day, Fort Collins, CO.
- Miller, R. L.**, Moran, M., Lucas-Thompson, R. G., Sanchez, N., Seiter, N., Rayburn, S., Verros, M., Johnson, S., & Shomaker L. B. (2021, August). *Addressing the COVID-19 mental health crisis* [Psych science in 3 presentation]. 2021 APA Virtual Conference, Online.
- Miller, R. L.**, Lucas-Thompson, R. G., Sanchez N., Seiter N., Rayburn S., Verros M., Johnson S, Coatsworth J. D., & Shomaker L. B. (2020, November). *Adolescent mindfulness, stress and PTSD symptoms during COVID-19* [Poster presentation]. Mind & Life Contemplative Research Conference, Online.
- Jimenez, V., Gulley L., Hilkin, A. M., Conte, I., Verros, M., Clark, E., Casamassima, M., **Miller, R. L.**, Bernstein, R., Pyle, L., Nadeau, K., Kelsey, M.M., & Shomaker, L.B. (2020, June). *Trauma and loss-of-control (LOC) eating relate to elevated type 2 diabetes (T2D) risk in adolescents* [Poster presentation]. American Diabetes Association's Meeting, Chicago, IL.

**Miller, R. L.,** Lucas-Thompson, R. G., Coatsworth, D. J., & Prince, M. (2020, March). *An investigation of mindfulness, regulatory emotional self-efficacy and adolescent psychopathology* [Poster presentation]. 2020 College of Health and Human Science Research Day, Fort Collins, CO.

**Miller, R. L.,** Comstock, D., Pierpoint, L., Bajaj, L., & Mistry, R. (2018, May). *Facilitators and barriers for parental consent to pediatric emergency research* [Poster presentation]. Pediatric Academic Societies Meeting, Toronto, Canada.

**Miller, R. L.,** Booker, J., Dunsmore, J., & Ollendick, T. (2016, May). *Gender-specific effects of parenting stress on maternal socialization behaviors in families seeking treatment for children with oppositional defiant disorder* [Poster presentation]. 28<sup>th</sup> Annual Convention of the Association for Psychological Science, Chicago, IL.

### **INVITED TALKS AND LECTURES:**

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Hickey, M. & Martin, A. (Hosts). (2022, March 25). **Reagan Miller** talks mental health in teens, mindfulness, and self-compassion (S2 No. 9) [Audio podcast episode]. In *Health and Human Science Matters*. College of Health and Human Science.  
<https://open.spotify.com/episode/1D6sug5MKcV5ZZCikCjK0z>

**Miller, R.** (2021, March). *Mindfulness, stress, and at-risk adolescents* [Lightening Talk]. 2021 College of Health and Human Science's Research Day. Lecture conducted from Colorado State University, Fort Collins, CO.

**Miller, R.** (2020, February). *Mediation*. In Structural Equation Modeling Course. Lecture conducted from Colorado State University, Fort Collins, CO.

**Miller, R.,** Comstock, D., Pierpoint, L., Bajaj, L. & Mistry, R. (2018, September). *Facilitators and Barriers for Parental Consent to Pediatric Emergency Research*. Lecture conducted from the Pediatric Emergency Care Research Applied Network (PECARN) Research Coordinator Meeting, Denver, CO.

### **TECHNICAL REPORTS:**

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McCarty, S.M., Williams, L.B., & **Miller, R.** (2016). *Hayfield High School climate and culture: Understanding student-identified problems and recommending solutions*. Technical Report submitted to Hayfield High School, Alexandria, VA.

McCarty, S.M., Williams, L.B., & **Miller, R.** (2016). *Falls Church High School climate and culture: Understanding student-identified problems and recommending solutions*. Technical Report submitted to Falls Church High School, Falls Church, VA.

Williams, L.B., McCarty, S.M., & **Miller, R.** (2016). *McLean High School climate and culture: Understanding student-identified problems and recommending solutions*. Technical Report submitted to McLean High School, McLean, VA.

Williams, L.B., McCarty, S.M., & **Miller, R.** (2016). *Centreville High School climate and culture: Understanding student-identified problems and recommending solutions*. Technical Report submitted to Centreville High School, Centreville, VA.

## GRANT FUNDING:

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### **Funding secured as Student Principal Investigator:**

**National Center for Complementary and Integrative Health, F31AT011642**, (\$77,082), *Ecological Momentary Assessment of Mechanisms of Change during a Mindfulness-based Intervention for At-risk Adolescents* 2021-Current

**CSU College of Health and Human Sciences Dean's Doctoral Fellowship**, (\$20,000), *The Investigation of Daily Mindfulness and Emotion Regulation as Therapeutic Mechanisms in a Mindfulness-based Intervention for Adolescent Depression and Metabolic Health* 2020-2021

**Prudence M. Kaley Scholarship**, Colorado State University (\$5,355) 2020-2022

### **Graduate Assistantship Funding:**

**National Center for Complementary and Integrative Health, U01/R01AT011008** (PI: Dr. Shomaker), *Mindfulness-Based Intervention for Depression and Insulin Resistance in Adolescents* 2020-2024

**NIFA and the CSU College of Health and Human Sciences Agricultural Experiment Station** (Co-PI: Dr. Shomaker and Dr. Lucas-Thompson), *Dissemination of a Mindfulness Intervention for Prevention of Excess Weight Gain for High-Risk Teens Participating in a Mentoring Program* 2019-2021

**National Institute of Diabetes, Digestive, and Kidney Diseases, R01DK111604** (PI: Dr. Shomaker), *Depression and Insulin Sensitivity in Adolescents* 2017-2022

## MENTORING EXPERIENCE:

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### ***Graduate Students:*** (Provided mentorship related to research coordination and lab tasks)

- Addie Rzonca (Primary mentor: Dr. Rachel Lucas-Thompson)
- Jill Krause (Primary mentor: Dr. Rachel Lucas-Thompson)
- James Montavon (Primary mentor: Dr. Rachel Lucas-Thompson)

### ***Undergraduate Students:***

- Drew Kesslin, Junior majoring in Human Development & Family Studies
- Samantha Patrick, Senior majoring in Human Development & Family Studies, NIH-funded Research Experience for Undergraduates (REU)
- Richard Hutchinson Jr., Senior majoring in Human Development & Family Studies
- Nicole Reichelderfer, Senior majoring in Human Development & Family Studies
- Nalani Seks, Senior majoring in Human Development & Family Studies
- Iliana Campanale, Senior majoring in Human Development & Family Studies
- Emily Russo, Senior majoring in Clinical & Counseling Psychology
- Madelin Risch, Senior majoring in Spanish Language, Literature and Culture & International Studies



## CLINICAL EXPERIENCE:

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<i>Clinician/Owner</i> , Wild Roots Individual and Couples Therapy, LLC	2022-current
<i>Clinician</i> , Adolescent Wellness Lab, Colorado State University	2020- 2022
<i>Marriage and Family Therapy Intern</i> , Center for Families & Couples Therapy	2020-2021
<i>Lead and Secondary Clinician</i> , Child Trauma and Resilience Assessment Center	2020- 2021
<i>Family Therapist Instructor</i> , Campus Connections (Mentoring Program)	2021

## PROFESSIONAL SERVICE:

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<i>Graduate Student Abstract Reviewer</i>	2018- 2023
<ul style="list-style-type: none"><li>Assisted with reviews of abstracts and manuscripts for journals such as the <i>International Journal of Eating Disorders</i>, <i>International Journal of Yoga Therapy</i>, <i>Journal of Alternative and Complementary Medicine</i>, and <i>Journal of Family Psychology</i></li><li>Reviewed abstracts for the 27th Society for Prevention Research (SPR) Annual Meeting "Prevention Science in a Big Data World"</li></ul>	
<i>Diversity, Equity &amp; Inclusion Committee</i> , Colorado State University	2020- 2021
<i>CHHS Awards Review Committee - Outstanding Teaching, Advising, &amp; Student Awards</i> , Colorado State University	2021
<i>Graduate Student Liaison</i> , Colorado State University	2018- 2019
<i>Coach and Volunteer</i> , Let's Connect	2016
<i>Intern</i> , American Psychological Association, Office of Practice, Research, and Policy	2015
<i>Intern</i> , Women's Resource Center	2014

## CERTIFICATIONS AND TRAINING:

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- **Internal Family Systems (IFS) Level 1**, 2023
- **Mindfulness-based Stress Reduction (MBSR)**, 2022
- **Gottman Level 1 Certification**, 2020
- **CITI Human Subjects and RCR Trainings**, 2016-Current
- **200-Hour Yoga Teacher Training**, World Peace Yoga School (RYS-200), Rishikesh, India, 2018
- **Trauma Informed Outreach Yoga Training**, Connection Coalition, Denver, CO, 2017
- **Crisis Management Training**, Women's Resource Center, Radford VA, 2014

## PROFESSIONAL MEMBERSHIPS:

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*American Psychological Association* (student affiliate)  
*Society for Research on Adolescence* (student affiliate)  
*American Association for Marriage and Family Therapy* (professional affiliate)