

Vita
Kathryn Marie Rickard, Ph.D.

Associate Professor
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Education:

Ph.D., Clinical Psychology, University of Georgia, 1983
(Specializations: Clinical Child and Behavioral Medicine)
Internship, Brown University School of Medicine, 1982
(Behavioral Medicine/Health Psychology)
M.S., Clinical Psychology, University of Georgia, 1981
B.S., Psychology, University of Alabama, 1979
(Summa cum Laude/Phi Beta Kappa)

Clinical and Professional:

1989-Present Tenured Associate Professor.
Department of Psychology, Colorado State University, Fort
Collins, Colorado.
*-Responsibilities: teaching undergraduate and graduate
psychology courses, supervision of graduate child and adult
practica, supervision of graduate research, undergraduate and
graduate advising.*
-Program/Department/University Committees-various
-Graduate Admissions Chair-Counseling (20+ years)
-Faculty advisor-Psi Chi honorary, 2002-2005.

1983-1989 Assistant Professor.
Department of Psychology, Colorado State University, Fort
Collins, Colorado

2016- Faculty Ombuds
University Ombuds Office, Colorado State University
*-Responsibilities: Serve the University as a confidential,
impartial, informal and independent resource for faculty-related
issues, problems and disputes*

- 2014 Recognized by Graduate School/CSU one of a select group of faculty members having graduated the highest number of doctoral students over the past 7 years.
- 2012-Present President, Phi Beta Kappa, Colorado State University campus
- 2011-Present Director, Integrative Health Psychology Clinic, Psychological Services Center. Colorado State University
- 1983-2016 Various consulting roles, CSU and Fort Collins community: Conflict resolution for medical professionals, sexual harassment training for an organization, consultant for a CSU department gender conflict difficulty
- 1983 –Present Independent Practice and Consultation Services, (Licensed Clinical Psychologist, Colorado).
General practice, consultation, group and individual therapy.
Health Promotion: lifestyle, goal setting and behavior choices for positive health and well-being across the lifespan.
Adjustment to medical issues; Interdisciplinary focus.
Stress management. Motivational interviewing.

Courses Taught:

Graduate

Course in Counseling Supervision-Colorado State University
Advanced Practicum Supervision (Individual and Group)-
Psychological Services Center. Colorado State University
Group Practicum Course (Co-Instructor), 2nd year Practicum
Counseling Center, Colorado State University Health Network.
Pre-practicum (Year-Long Interviewing Skills Course)-1st year practicum.
Colorado State University
Pediatric Psychology Seminar-Colorado State University
Child Consultation Seminar/Consultation Supervision-Colorado State University
Theories of Personality-Colorado State University
Practicum Supervision-University of Georgia

Undergraduate

The Good Life: Therapeutic Lifestyle Changes (TLCs) for Mental and Physical Health-
Colorado State University
Introduction to Clinical and Counseling Psychology-Colorado State University
Exercise and Sport Psychology Seminar-Colorado State University
Psychology of Women-Colorado State University
Human Sexuality-Colorado State University
Psychology of Adjustment-University of Georgia

Research and Clinical Interests:

Health Psychology: the Process of Health and Well-Being

Psychotherapy and Consultation -Health Behavior Intervention and Referral
Health Promotion Programs/Stress Management
Physical Manifestations of Health related to Health Practices

Implications of a Global No-Growth Economy and a Planet with Finite Resources

Establishing Ecologically Sustainable, Happy, Meaningful Lives

Publications: (student co-authors in bold)

Submitted:

Corbett, E., Matheson, J. L., Rickard, K. M., Swaimi, R. C. *Dual diagnosis in college students: Psychological predictors of treatment in a university setting.*
Submitted to Advances in Dual Diagnosis: Policy, Practice and Research.

Shepherd, C., Rickard, K.M. & Westerson, C. *Evaluation of an internet intervention to increase men's help-seeking for eating disorders.* Submitted to Eating Disorders: The Journal of Treatment and Prevention.

Published:

Steger, M.F., **Fitch-Martin, A.R. Donnelly, J.** & Rickard, K.M. (2015) Meaning in Life and Health: Proactive Health Orientation Links Meaning in Life to Health Variables Among American Undergraduates. *Journal of Happiness Studies*, 16, (3), 583-597.

Shepherd, C., & Rickard, K. (2012) Drive For Muscularity and Help-Seeking: The Mediation Role of Gender Role Conflict, Self-Stigma, & Attitudes. *Psychology of Men and Masculinity*, 13, (4), 379-392.

Brinkman, B. and Rickard, K. (2011) "What I wanted to do was..." Discrepancies Between College Women's Desired and Reported Responses to Gender Prejudice. *Sex Roles*, 65, (5), 344-355.

Strife, S. and Rickard, K. (2011) The conceptualization of Anorexia: the Pro-Ana perspective. *Affilia: On Practice*, 26, (2), 213-217.

Felker, S., Byrne, Z., Vacha-Haase, T. & Rickard, K. (2011) A Comparison of Responses on the Attitudes Toward Women Scale and Attitudes Toward Feminism Scale: Is There a Difference Between College-Age and Later-Life Adults With the Original Norms? *Measurement and Evaluation in Counseling and Development*, 44, (4), 248-264.

Brinkman, G. and Rickard, K.M. (2010) College students' descriptions of everyday gender prejudice. *Sex Roles*, 61, 461-475.

Rickard, K.M. and **Strife, S.** (2008) Feminization of Counseling. In F.T.L. Leong (Ed.), *Encyclopedia of Counseling*, (pp. 211-243). Thousand Oaks, CA: Sage

Johnstone, J. and Rickard, K.M. (2006) Perceptions of college women with disordered eating and exercise patterns. *Social Behavior and Personality: An*

International Journal, 34, (9), 1035-1050.

- Kogan, L.R., Hoyt, W.D., Rickard, K.M. and Kellaway, J.A.** (2004) Power in Black and White: The Representation of Power in Women's Magazines. *Media Report to Women*, 3, (2), 10-18.
- Kogan, L.R., Kellaway, J.A., Rickard, K.M. and Borrayo, E.A.** (2004) Popular Magazines' Focus on Women's Health: Are They Giving Us an Accurate Portrayal? *Media Report to Women*, 31, (3), 4-13.
- Befort, C.A. and Rickard, K.M.** (2003) Gender Similarities in Response to Figure-Size Feedback in a Selected Nonclinical Population. *Sex Roles*, 49, (1-2), 71-80
- Hoyt, W.D., Hamilton, S.B., and Rickard, K.M.** (2003) The Effects of Dietary Fat and Caloric Content on the Body Size Estimates of Anorexic Profile and Normal College Students. *Journal of Clinical Psychology*. 59, (1), 85-91.
- Rickard, K. M. (1990). The effect of feminist identity level on gender prejudice toward artists' illustrations. *Journal of Research in Personality*, 24, 145-162.
- Rickard, K. M. (1989). The relationship of self-monitored dating behaviors to level of feminist identity on the FIS. *Sex Roles*, 20, 213-226.
- McNamara K. & Rickard, K. (1989). Feminist identity development: Implications for psychotherapy with women. *Journal of Counseling and Development*, 68, 184-189.
- Rickard-Figueroa, K. M., & **Woods de Rael, C.** (1988). The relationship between Type A behavior and hyperactivity in children. *Social Behavior and Personality*, 15, 207-214.
- Rickard, K. M. (1988). The occurrence of maladaptive health-related behaviors and teacher-rated conduct problems in children of chronic low-back pain patients. *Journal of Behavioral Medicine*, 11, 107-116.
- Frank, M. L., & Rickard, K. M.** (1988). Anxiety about research: An initial examination of a multidimensional concept. *Psychological Reports*, 62, 455-463.
- Suinn, R., Rickard-Figueroa, K. M., & **Lew, S.** (1988). The Asian self-identity acculturation scale: An initial report. *Educational and Psychological Measurement*, 47, 77-81.
- Rickard, K. M. & Titley, R. (1988). The hypothesis-testing game: A training tool for the graduate-level interviewing skills instructor. *Teaching of Psychology*, 15, 139-141.
- Grossman, P., Rickard-Figueroa, K. M., Curran, J., & Sirota A. (1987). A preliminary measure of eating confidence self-efficacy. *The Bariatrician*, 7, 25-28.
- Rickard-Figueroa, K. M., & Zeichner, A. (1985). Assessment of smoking urge and its

- concomitants under an environmental smoking cue manipulation. *Addictive Behaviors, 10*, 249-256.
- Fowler, J. L., Follick, M. J., Abrams, D. B., & Rickard-Figueroa, K. M. (1985). Participant characteristics as predictors of attrition in work-site weight loss. *Addictive Behaviors, 10*, 445-448.
- Suinn, R., Rickard-Figueroa, K., **Lew, S., & Vigil, P.** (1985). Career decisions and the Asian acculturation scale. *Journal of the Association of Asian American Psychologists*. P.20-29.
- Rickard, K. M., Forehand, R. L., & Graziano, W. (1984). Parental expectations and child deviance in clinic referred and nonclinic children. *Journal of Clinical Child Psychology, 13*, 571-575.
- Rickard, K. M., Forehand, R. L., Wells, K. C., Griest, D.L., & McMahon, R.S. (1981). Factors in the referral of children for behavior treatment: A comparison of mothers of clinic-referred deviant, clinic-referred nondeviant and nonclinic children. *Behavior Research and Therapy, 19*, 201-205.
- Atkeson, B. M., Forehand, R. L., & Rickard, K. M. (1982). The effects of divorce on children. In Lahey, B. (Ed.) *Advances in Clinical Child Psychology: Volume 5*. Plenum: New York.
- Rickard, K. M., Forehand, R. L., Atekeson, B. A., & Lopez, C. (1982). An examination of the relationship of marital satisfaction and divorce with parent-child interactions. *Journal of Clinical Child Psychology, 11*, 61-65.
- Vosk, B., Forehand, R. L., Parker, J., & Rickard, K. M. (1982). A multimethod comparison of popular and unpopular children. *Developmental Psychology, 18*, 571-575.

Paper Presentations:

- Bascom, E.N.,** Borrayo, E., Rickard, K.M., (August 2016). *Internalizing Symptoms, Medication Adherence, and Perceived Social Support in Individuals with Inflammatory Bowel Disease*. Poster Presentation at 2016 American Psychological Association Conference in Denver, Colorado: Division 17.
- MacDonald, T., Shepherd, C.,** Rickard, K., Hogan, A., Berscheid, J., & Drennen, A. (2013). *Factors That Influence Overweight and Obese Men's Participation in Healthy Eating, Exercise, and Weight Management Programs*. Poster presented at the 34th Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA.
- Shepherd, C. & Rickard, K.** *Masculine and Feminine Gender Role Stressors: Predictors of Disordered Eating Symptom Presentation*. (2012) Paper presented at the 2012 American Psychological Association Convention, Orlando, Florida.
- Shepherd, C.,** Rickard, K., & Westerson, C. (2011, August). *Evaluation of a Psychoeducational Internet Intervention to Increase Help-Seeking Behavior in Men*. American Psychological Association Conference, Washington, DC.

- Shepherd, C., Rickard, K., & Westerson, C.** (2011, April). *Targeting Body Image Concerns in Men via the Internet*. Paper presented at the Rocky Mountain Psychological Association Conference, Salt Lake City, UT.
- MacDonald, T., Shepherd, C., Westerson, C., Diestelkamp, K., & Rickard, K.** (2010) *School-based eating disorders prevention program for boys and girls*. Paper presented at the 2010 National Eating Disorders Conference, New York, NY.
- Shepherd, C., Rickard, K., & MacDonald, T.,** (2010, August) *Relationship between male gender role conflict, drive for muscularity, and help-seeking: using the Theory of Planned Behavior to explain why men who need help don't seek help*. Poster presented at the American Psychological Association Conference. San Diego, CA.
- Shepherd, C., Rickard, K., MacDonald, T., Schultz, K., & Anderson, J.** (2010, April) *Male beliefs about physical activity, healthy eating and weight management programs*. Paper presented at the 2010 Rocky Mountain Psychological Association annual conference. Denver, CO.
- MacDonald, T., Shepherd, C., & Rickard, K.M.** (2010) *A program to promote healthy body image and self esteem in middle school boys and girls*. National Eating Disorders Conference, New York, NY.
- Anderson, J.M., Palty, A.B. & Rickard, K.M.** (2010, April) *Gender differences in the stigma of anorexia nervosa: a qualitative exploration*. Rocky Mountain Psychological Association, Denver, CO.
- Shepherd, C., Rickard, K.M. & MacDonald, T.** (2010) *The relationship between male gender role conflict, drive for muscularity and help-seeking*. American Men's Studies Association Conference, Atlanta, Georgia.
- Shepherd, C., Rickard, K.M., Diestelkamp, K. & Westerson, C.** (2010, April) *Psycho-educational interventions to increase help-seeking in men with body image issues*. Rocky Mountain Psychological Association, Denver, Colorado.
- Scanes, H. and Rickard, K.M.** (2010, April). *Eating Pathology, Self-Objectification, Locus of Control, and Meaning in Life in College Aged Women*. Paper presented at the Rocky Mountain Psychological Association. Denver, Colorado
- Shepherd, C., Rickard, K.M. & MacDonald, T.** (2010, August) *Impact of gender role conflict on body image issues and help-seeking*. American Psychological Association, San Diego.
- Schultz, K., Anderson, J., Canetto, S. & Rickard, K.M.** (2009, April) *Intimate relationship advice in heterosexual men's magazines*. Rocky Mountain Psychological Association, Reno.
- Anderson, J., Schultz, K., Canetto, S. & Rickard, K.M.** (2009, April) *Appearance focus in children's television*. Rocky Mountain Psychological Association, Reno.

- Corbett, E.C., Matheson, J.L., Rickard, K.M. & Swaim, R.C.** (2009, August) *Dual Diagnosis in college students*. American Psychological Association, Toronto.
- Tracey, E., & Rickard, K.M.** (2008, August) *An examination of the proposed criteria for primary exercise dependence*. American Psychological Association, Boston.
- Felker, S.E., Vacha-Haase, T.V. & Rickard, K.M.** (2008, August) *Reliability of two measures of attitudes toward women for an older adult sample*. American Psychological Association, Boston.
- Brinkman, B. & Rickard, K.M.** (2007, August) *Feminist Activism and college women's responses to gender prejudice*. American Psychological Association, San Francisco.
- Tracy, E. & Rickard, K.M.** (2007, April) *The relationship between exercise dependence, behavior addictions, and obsessive-compulsive disorder*, Rocky Mountain Psychological Association, Denver.
- Strife, S. & Rickard, K.M.** (2006, August) *What does it mean to be Pro-Ana: A qualitative analysis*. American Psychological Association, New Orleans.
- Brinkman, B. & Rickard, K.M.** (2006, August) *Women's and Men's Experiences of Different Types of Sexist Events*. American Psychological Association, New Orleans.
- Daly, J. & Rickard, K.M.** (2006, August) *Family Responsibilities, Gender and Parental Cancer*. American Psychological Association, New Orleans.
- Kogan, L., Bowers, W., Dabney, Fjeseth, J., Slinkard, and Rickard, K.M.** (2000, April) *Women's fashion magazines: what is their message?* Rocky Mountain Psychological Association, Reno.
- Kogan, L., Bowers, W., & Rickard, K.M.** (2000, April) *The perception of females who engage in aerobic exercise and weight lifting*. Rocky Mountain Psychological Association, Reno.
- Winston, E., Levy, N., & Rickard, K.M.** (2000, August) *Pro-feminist identity for men*. American Psychological Association, Washington, D.C.
- Chang, L. & Rickard, K.M.** (2000, August) *Body image in Asian American women and men*. American Psychological Association, Washington, D.C.
- Winston, E., Levy, N., & Rickard, K.M.** (1999, April) *Construction and validation of the pro-feminist identity development scale for men*. Rocky Mountain Psychological Association, Fort Collins.
- Bowers, W. & Rickard, K.M.** (1999, April) *Anorexic profile and eating behaviors*. Rocky Mountain Psychological Association, Fort Collins.
- Levy, N. & Rickard, K.M.** (1999, April) *Examining the relationship between feminist*

identity and behavior intentions. Rocky Mountain Psychological Association, Fort Collins.

Gale, S. & Rickard, K.M. (1996, August) *A model of sexual aggression perceptions in male college students*. American Psychological Association, Toronto.

Dillard, D. & Rickard, K.M. (1995, August) *Feminist identity and sexual harassment-perceptions, attributions and reactions*. American Psychological Association, New York.

Rickard, K.M. (1987, August) *Application of the feminist identity model*. American Psychological Association, New York.

Rickard, K.M. (1987, August) *Women and developing feminist identity*. Colorado Women's Association, Pueblo.

Rickard, K.M., Downing, N., McNamara, K., & **Schafer, L.** (1987, June) *A model of feminist identity development*. Association for Women in Psychology, Denver.

Rickard, K.M. (1986, October) *Feminist identity in the workplace*. National Association of Female Executives, New York.

Rickard-Figueroa, K.M. (1984, April) *Smoking urge as a construct*. Rocky Mountain Psychological Association, Las Vegas.

Rickard, K.M., Forehand, R.L., & Graziano, W. (1983, March) *Parental expectations of children and their relation to parent perception of child deviant behavior*. Southeastern Psychological Association, New Orleans.

Rickard, K.M., Curran, J.P., Grossman, D., & Sirota, H. (1982, November) *The effect of weight loss on blood pressure*. Association for the Advancement of Behavior Therapy, Los Angeles.

Vosk, B., Forehand, R. L., Parker, J., & Rickard, K. M. (1982, November). *A multimethod comparison of popular and unpopular children*. Association for the Advancement of Behavior Therapy, Los Angeles.

Atkeson, B.H., Forehand, R., Rickard, K.M., & Lopez, C. (1981) *Effects of marital satisfaction and divorce on parent-child interactions*. Southeastern Psychological Association, Atlanta.

Rickard, K., Forehand, R., Wells, K., Griest, D., & McMahan, R. (1980, November) *The clinical process in child behavior therapy: a comparison of mothers of clinic-referred nondeviant, and non-clinic children*. Association for the Advancement of Behavior Therapy, New York.

Griest, D., Forehand, R., Rogers, T., Rickard, K., McMahan, R., & Wells, K. (1980, November) *The role of parent depression in parent training*. Association for the Advancement of Behavior Therapy, New York.

Editorial Reviewer:

Sex Roles, 1988-present

Journal of Pediatric Psychology, 1988 -1995

Journal of Behavioral Medicine, 1983 -1992; 2000-2008

Child Development, 1985 -1990

Addictive Behaviors, 1984 -1990

Journal of Research in Personality, 1988 -1994

Chapters from Abnormal Psychology, S. Brodsky, 1984

Human Sexuality, text, Mosby Company, 1984

Texts grades 1-12, Poudre R-1 School District, Colorado,

-Reviewed for sexist, ethnically biased and racist content, 1985

Small Grants:

Mini-grant: Graduate School Student Recruitment Grant. "Student Recruitment Interview Day", 2013, 2014 -\$1,000.00-Funded; 2015-\$500.00 Funded)

NIH Biomedical Research Support Grant (#37353), *"Maternal Type A behavior and socialization of Type A behavior in the child"*, Colorado State University, 1983-1984.

Faculty Research Grant. *"Parental chronic pain behavior and observational learning effects in children"*, Colorado State University, 1983-1984.