

Kaitlyn Chamberlain
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EDUCATION

Graduate Student, University of Arkansas (2015 – Present)

Department of Psychological Science
Doctor of Philosophy in Clinical Psychology
Dissertation Title: Emotion Regulation Flexibility and Well-being in Collegiate Athletes

Proposal Date: November 19, 2022

Estimated Timeline: Data collection (Fall, 2023), Defense (Spring, 2024)

Master's Thesis Title: Turn That Frown Upside-Down: The Effects of Opposite to Emotion Action (Completed Spring, 2018)

Bachelor of Arts, Psychology, University of Kentucky (Graduated May, 2015)

Graduated Summa Cum Laude
Graduated Psychology Honors Program,

Honors Thesis Title: Fluctuations in Mindfulness Across the Ovulatory Cycle: Implications for Psychopathology

HONORS AND AWARDS

University of Arkansas

2018-1019	Global Partnership for Education Fellowship (3,000/month)
2015-2020, & 22-23	Doctoral Academy Fellowship (\$10,000/year)

University of Kentucky

2010-2015	Dean's List (GPA higher than 3.6 each semester)
2009-2013	Flagship Scholarship (\$850)

CLINICAL WORK

Volunteer Clinician at Intermountain Healthcare Sports Medicine, Supervisor: Ron Chamberlain, Ph.D. (December, 2023-present)

Currently designing and planning weekly group therapy for senior and injured collegiate athletes transitioning from their sport. Will begin co-leading the group on January 22nd, which will end mid-April (2024). Will receive weekly supervision by a sport psychologist, which will count toward the requirement to obtain a CMPC certification (CMPC).

Doctoral Internship at Southern Utah University Counseling and Psychological Services, Supervisors: Merrill Jones, Ph.D., Curtis Hill, Ph.D, Kristina Johnson, Ph.D., Andrea

Donovan, LCSW, Blaine Edwards, CMHC, Rachel Fraser, Ph.D., Magnum Morgan, MFT (Summer, 2023-Present)

Completing rotations in college athletics, biofeedback, and teaching. Receiving supervision from supervisors with various backgrounds (Clinical Psychology, Counseling Psychology, Social Work, Counseling, Marriage and Family Therapy) in an intensive training setting. Participating in various weekly individual and group supervision, training seminars, including regular diversity seminars, case presentation, professional development and staff meetings. Conducting walk-in crisis appointments, group therapy (Understanding Self and Others Group, Mindful Self-Compassion Workshops; Will co-lead 6 groups in Spring and Summer, 2024 semesters- Emotion Regulation Flexibility for Student Athletes, Biofeedback for Student Athletes, Poetry Trauma Group, DBT, Dungeons and Dragons Group, Understanding Self and Others), individual therapy, comprehensive psychological assessments, research, provision of peer supervision, couples counseling, and outreach events for SUU students, student-athletes, and SUU professors and coaches. Assessments completed thus far include autism, learning disability and ADHD. Spring assessments will be conducted with SUU student athletes.

Clinic Assistant at the University of Arkansas Psychological Clinic, Supervisor: Jennifer Veilleux, Ph.D (Fall 2019, Spring and Summer 2020)

Conducted phone screens, completed administrative work, attended weekly meetings with clinic staff regarding clinic projects.

Summer Psychocultural Immersion Program for Doctoral Psychology Students, Program director: María Garrido, Ph.D. (7/2018)

Participated in a week-long training in the delivery of culturally competent mental health services at Ponce Medical School in Puerto Rico. Participated in simulated therapy sessions with standardized patients with a co-therapist. Attended seminars addressing the following topics: providing psychological services in Puerto Rican social and cultural context, cultural consideration in health psychology, and ethical personality and neuropsychological assessment, and dialectical behavior therapy with Puerto Ricans.

Peace at Home Family Shelter, Supervisors: Jennifer Veilleux, Ph.D. (Fall 2018, Spring 2019)

Received supervision and practice delivering psychotherapy to people who experienced domestic violence against them.

Intervention Practicum, University of Arkansas, Supervisors: Dr.s Lindsay Ham-Holm, Jennifer Veilleux, Mathew Feldner, Timothy Cavell, Lauren Quetsch & Ivan Vargas (Spring, 2017-Summer, 2020)

Received supervision and practice using evidenced-based treatments and principles in a flexible manner to fit individual clients with a variety of case presentation. Some foci in supervision and practice have been: critical case management issues, the development of comprehensive case formulations, various therapeutic techniques, treatment planning, monitoring skills and the development of a positive and stable therapeutic identity. Role-

play was often used to identify client tendencies, assess training needs and to model specific skills. Telehealth experience was also acquired to deliver therapy via Webex videoconferencing software. Evidence-based therapy modalities used: Cognitive Behavioral Therapy, Cognitive Processing Therapy (CPT), Behavioral Activation, Dialectical Behavioral Therapy Skills, Mindfulness-based, Acceptance and Commitment Therapy, and exposure-based interventions.

Counseling and Psychological Services, University of Arkansas, Supervisors: Ashley Coleman, Ph.D., Elizabeth Stout, Ph.D., Lauren Rosso, Psy.D., Danielle Umland, Ph.D., Kym Williams, LCSW, Kathryn Antin, LCSW, CEDS (Fall 2017, Spring 2018, Fall 2022)

Received supervision from supervisors with various backgrounds (Clinical Psychology, Counseling Psychology, Social Work, Counseling, and Psychiatry) in an intensive training setting. Participated in various weekly group supervision, meetings. Attended weekly presentations on current topics in psychotherapy and college mental health services. Co-led group therapy sessions focused on Understanding Self and Others and negative body image (The Body Project) in college students. Participated in weekly outreach efforts for the campus and community.

Supervision Practicum (Spring 2018)

Focused on skill development, self-awareness as a clinician, and clinical flexibility using empirically-supported methods and principals and a holistic approach for the client's individual needs. Another focus for this practicum was on development as a clinical supervisor, including exploration of literature on supervision and practice supervising peers with special attention to various supervisory issues.

Diversity Practicum (Fall 2017)

Completed ongoing self-assessments of and focus on cultural sensitivity and related skills (e.g. culturally sensitive assessment and intervention from a culturally sensitive perspective, understand own cultural identity and its influence on clinical work etc.).

Understanding and Healing from Sexual Violence Northwest Arkansas Community Correction Center (NWACC), Supervisor: Ana Bridges, Ph.D. (Fall 2017-Fall 2019)

Co-facilitated group therapy for women in a correctional facility conducting exposures in which women share their trauma narratives and discussed themes and outcomes related to their traumatic experiences.

Assessment Practicum, University of Arkansas, Supervisor: Ana Bridges, Ph.D. (Fall 2016, Spring 2020)

Received supervision and practice and provided peers supervision in administering and giving feedback on integrated assessments for clients of varying ages, ethnic backgrounds and symptom presentations. Used standardized test data, client self-report, behavioral observations, and collateral information to determine assessment measures, develop a theory and data-driven conceptualization of the case, formulate diagnostic impressions and make evidence-based treatment recommendations. Experience providing feedback

via telehealth was also acquired.

Tests and interviews administered: Clinical interview, Wechsler Adult Intelligence Scale (WAIS-IV), Wechsler Intelligence Scale for Children – Fifth Edition (WISC-V), Mini International Neuropsychiatric Interview (M.I.N.I. 7.0), Rey Auditory Learning Verbal Test (RAVLT), Golden Stroop, Color-Word Identification Test, Controlled Oral Word Association (COWA; Version F-A-S and Animal Naming), Trail Making Test (TMT), Integrated Visual-Auditory Test of Attention (IVA+), Personality Assessment Inventory (PAI), Behavior Assessment System for Children, 2nd Edition (BASC-2; Self-report, Teacher Report and Parent Report), Revised Children’s Manifest Anxiety Scale, 2nd Edition (RCMAS-2), and Woodcock-Johnson Individual Achievement Test – 4th Edition (WJ-IV-ACH)

Alcohol Screening, University of Arkansas (April, 2016)

Responsibilities: Screened University of Arkansas students for potential alcohol use difficulties and provided feedback and psycho-education on alcohol use.

Clinic Assistant, Harris Psychological Services Center, University of Kentucky, Clinic Director: David Susman, Ph.D. (Fall 2012)

Responsibilities: Completed administrative and clerical work in a clinical psychology office, preliminary phone screenings for potential clients. Scored a variety of psychological assessments: MMPI-2, BAI, BDI-II, NEO-PI-R, & CBCL. Attended weekly meetings discussing cases and seminars on topics relevant to clinical psychology. Presented on the treatment manual: *The Mindful Way Through Anxiety: Break Free from Chronic Worry and Reclaim Your Life* by Dr. Susan Orsillo, Dr. Lizabeth Roemer, and Dr. Zindel Segal.

PUBLISHED MANUSCRIPTS

Veilleux, J. C., Hyde, K. C., Chamberlain, K. D., Higuera, D. E., Schreiber, R. E., Warner, E. A., & Clift, J. B. (2022). The “thinking threshold”: A therapeutic concept guided by emotion regulation flexibility. *Practice Innovations*.

Veilleux, J. C., Pollert, G. A., Skinner, K. D., **Chamberlain, K. D.**, Baker, D. E., & Hill, M. A. (2021). Individual beliefs about emotion and perceptions of belief stability are associated with symptoms of psychopathology and emotional processes. *Personality and Individual Differences*, 171, 110541. <https://doi.org/10.1016/j.paid.2020.110541>

Veilleux, J. C., Warner, E. A., Baker, D. E., & **Chamberlain, K. D.** (2021). Beliefs about emotion shift dynamically alongside momentary affect. *Journal of Personality Disorders*, 35(Supplement A), 83-113. https://doi.org/10.1521/pedi_2020_34_491

- Veilleux, J. C., Skinner, K. D., **Chamberlain, K. D.**, & Baker, D. E. (2021). Perceived willpower self-efficacy fluctuations dynamically with affect and distress intolerance. *Journal of Research in Personality, 90*, 104058. <https://doi.org/10.1016/j.jrp.2020.104058>
- Baker, D. E., Hill, M., **Chamberlain, K.**, Hurd, L., Karlsson, M., Zielinski, M., ... & Bridges, A. J. (2021). Interpersonal vs. non-interpersonal cumulative traumas and psychiatric symptoms in treatment-seeking incarcerated women. *Journal of Trauma & Dissociation, 22*(3), 249-264.
- Veilleux, J. C., Lankford, N. M., Hill, M. A., Skinner, K. D., **Chamberlain, K. D.**, Baker, D. E., & Pollert, G. A. (2020). Affect balance predicts daily emotional experience. *Personality and Individual Differences, 154*, e 109683. <https://doi.org/10.1016/j.paid.2019.109683>
- Bridges, A. J., Baker, D. E., Hurd, L. E., **Chamberlain, K. D.**, Hill, M. A., Karlsson, M., & Zielinski, M. J. (2020). How Does Timing Affect Trauma Treatment for Women Who Are Incarcerated? An Empirical Analysis. *Criminal Justice and Behavior, 0093854820903071*.
- Veilleux, J.C., **Chamberlain, K. D.**, Baker, D. E., & Warner, E. (2019). Disentangling beliefs about emotions from emotion schemas. *International Journal of Cognitive Therapy*. <https://doi.org/10.1002/jclp.23098>
- Veilleux, J. C., Hill, M. A., Skinner, K. D., Pollert, G. A., Baker, D. E., & **Spero, K. D.** (2018). The dynamics of persisting through distress: Development of a Momentary Distress Intolerance Scale using ecological momentary assessment. *Psychological assessment, 30*(11), 1468-1478. doi: 10.1037/pas0000593.
- Veilleux, J. C., Hill, M. A., Skinner, K. D., Pollert, G. A., **Spero, K. D.**, & Baker, D. E. (2018). Self-control challenge scenarios in daily life: Developing a taxonomy of goals and temptations. *Motivation & Emotion, 42*, 653-670. <https://doi.org/10.1007/s11031-018-9695-1>
- Eisenlohr-Moul, T. A., Peters, J. R., **Chamberlain, K. D.**, & Rodriguez, M. A. (2016). Weekly fluctuations in nonjudging predict borderline personality disorder feature expression in women. *Journal of Psychopathology and Behavioral Assessment, 38*(1), 149-157. doi: 10.1007/s10862-015-9505-y

CONFERENCE PRESENTATIONS

- Lyman, M., **Chamberlain, K. D.**, McFadden, P. (2024, March). Eating and exercise valuation across identities: Impacts of financial strain, athletic identity and college major. Symposium accepted for Southern Utah University's Festival of Excellence. Cedar City, UT.

- Lyman, M., **Chamberlain, K. D.**, McFadden, P. (2023, December). Eating and exercise valuation in college students. Symposium presented for Southern Utah University's Psychology Research & Scholarship Symposium. Cedar City, UT.
- Kaitlyn D. Chamberlain** & Jennifer C. Veilleux. (2022). *Emotional Regulation Motives Predict Emotion Regulation Strategies in Athletes and Non-athletes*. Poster accepted for Association for Psychological Science, Chicago, IL
- Hurd, L. E., Baker, D. E., **Chamberlain, K. D.**, Hill, M. A., & Bridges, A. J. (2019, November). *Are reductions in PTSD symptoms associated with functional improvement? Evaluation of an exposure-based group trauma treatment for incarcerated women*. Poster submitted for the 53rd annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- Spero, K. C.**, Veilleux, J. C. (February, 2019) Dismantling a common therapeutic emotion regulation skill: Opposite to Emotion Action. Poster presented at Society for Personality and Social Psychology, Portland, OR.
- Veilleux, J. C., Skinner, K. D., Hill, M., **Spero, K. D.**, Baker, D. E. (2019, February). Momentary affect predicts fluctuations in self-reported state willpower. Poster presented at Society for Personality and Social Psychology, Portland, OR.
- Spero, K. C.**, Veilleux, J. C. (May, 2018) Conceptualizing emotional processes predicting maladaptive emotion regulation strategies. Poster presented at Association for Psychological Science, San Francisco, CA.
- Veilleux, J. C., Praseuth, A., Pollert, G. A., Hill, M. A., Skinner, K. D., Baker, D. E., & **Spero, K. D.** (2018). The complex relationships between beliefs about emotion and depressive symptoms. Talk given at the annual conference of the Association for Psychological Science, San Francisco, CA.
- Veilleux, J. C., Skinner, K. D., Hill, M. A., Pollert, G. A., **Spero, K. D.** & Baker, D.E. (2018, May). Not (just) a trait: Distress intolerance changes over time and predicts emotion dysregulation. Talk given at the annual meeting of the Association for Psychological Science, San Francisco, CA.
- Spero, K. C.**, Baker, D. B., Veilleux, J. C. (May, 2017) Emotion Dysregulation, mindfulness and psychopathology: A transdiagnostic view. Poster presented at Association for Psychological Science, Boston, MA.
- Baker, D. B., **Spero, K. C.**, Veilleux, J. C. (May, 2017) Linking emotional reactivity and hazardous alcohol use: A serial mediation model. Poster presented at Association for Psychological Science, Boston, MA.
- Veilleux, J. C., Skinner, K. D., Pollert, G. A., **Chamberlain, K. D.**, & Baker, D. E. (2016). Desire to smoke and desire to quit: How goal conflict relates to self-regulation in

cigarette smokers. Oral presentation presented at the annual meeting of the Association of Psychological Science, Chicago, IL.

Chamberlain, K. C., Lankford, N. M., Veilleux, J. C. (Oct., 2016) Emotional reactivity and emotion dysregulation: The importance of beliefs about emotion. Poster presented at the presentation at Association for Behavior and Cognitive Therapies 51st Annual Convention, NYC, New York.

Chamberlain, K. C., Veilleux, J. C. (May, 2016) Grit and desire: the unique contribution of impulsivity. Poster presented at Association for Psychological Science, Chicago, IL.

Warner, E. A., Skinner, K. D., Baker, D. E., **Chamberlain, K. D.**, & Veilleux, J. C. (Nov., 2015). Considering the distinction between cue exposure and response to cues on subsequent lack of self-control. Poster presented at Association for Behavior and Cognitive Therapies 50th Annual Convention, Chicago, IL.

RESEARCH EXPERIENCE

Graduate Research Assistant and Lab Manager, University of Arkansas Laboratory for Emotion and Addictive Processes, Mentor: Jennifer Veilleux, Ph.D. (August 2015 – Present)

Responsibilities: Developed and began collecting data for a dismantling study exploring components of two emotion regulation strategies (positive imagery and Opposite to Emotion Action). Ran participants in a study analyzing beliefs about addiction and smoking behavior. Generated scripts for two studies analyzing the effects of beliefs about emotions and smoking behavior. Screened and recruited participants for five research studies. Led focus groups to analyze knowledge of hydration, personal reasons for and barriers against hydration maintenance for development of a scale assessing reasons for and against hydration. Coordinated undergraduate research assistants on study projects and lab procedures. Trained research assistants on research protocols. Mentored a research assistant on a conference poster. Presented lab material to a Psi Chi meeting. Created and manage Qualtrics surveys.

Paid Research Assistant, University of Kentucky Psychophysiology Lab, Employer: Suzanne Segerstrom, Ph.D. (Summer 2014-Summer 2015)

Responsibilities: Conducted participant interviews for a NIA-funded longitudinal study of pain and eudemonic wellbeing in older women. Collected salivary samples and blood samples. Used REDcap to track participant data and send out online daily diaries. Conducted risk assessments for participants scoring highly on Geriatric Depression Scale. Assessed for psychological traits and administer tests of cognitive functioning at each visit, including Trails A & B. Attended weekly lab meetings with PI and graduate students where the latest research in the areas of self-regulation, pain, and immunological effects of adverse early life experiences are discussed.

Paid Research Assistant, University of Kentucky Clinical Lab, Employer: Ruth Baer, Ph.D. (Summer 2014-Summer 2015)

Responsibilities: Calculated scores for eligibility and selected participants for recruitment based on study criteria. Was responsible for identifying and recruiting 144 participants for a study exploring the efficacy of two personality-based interventions for preventing impulsive and risky behaviors for those high in sensation-seeking and negative urgency. Used Survey Monkey to edit and administer psychological assessments. Aided in administering mindfulness, cognitive behavioral training and psycho-educational sessions to participants high in sensation-seeking and negative urgency. Assisted in writing paper on a longitudinal study examining impulsivity, drinking motives and alcohol use.

Paid Research Assistant, University of Kentucky Clinical Lab, Employer: Greg Smith, Ph.D. (Spring and Summer 2014)

Responsibilities: Assisted with periodic data collection on an NIH-funded longitudinal study examining factors that may lead to the early onset of risky behaviors, such as drinking, smoking, or disordered eating. Administered surveys to middle school students.

Principal Investigator, Senior Honors Thesis, Faculty Sponsor: Suzanne Segerstrom, Ph.D., (Summer 2012-Summer 2013)

Responsibilities: Conducted research on mindfulness in women with BPD and on mindfulness across the ovulatory cycle [developed study proposal, presented orally to faculty, recruited student participants, collected participant data in psychophysiological lab, completed senior honors thesis, used SPSS to identify moderators (trait BPD symptoms) and mediators (Mindfulness) of the effect of estradiol, progesterone, and ovulatory status (conception probability) on daily and weekly symptoms, used Survey Monkey to clean and organize data, and also to assist in setting up daily online writing logs, used *Mindware* equipment to measure heart rate variability and cardiac pre-ejection period, cleaned raw heart rate variability data, attended SCID-I interviews, collected saliva samples].

Research Assistant, University of Kentucky Clinical Laboratories, Principal Investigators: Dr.s. Ruth Baer, Nathan DeWall & Richard Milich (Fall 2010-Spring 2013)

Responsibilities: Used SPSS to analyze data. Ran participants in studies on 1) reinforcing aspects of anger rumination and difficulties disengaging from anger-related stimuli, 2) rejection sensitivity and aggression, 3) personality traits, gender identity, sexual functioning and orientation, 4) MBSR and systemic inflammation (cytokines, IL-6 and TNF-a) in depressed women, 5) self-control, emotions impulses and behavior across the ovulatory cycle story and 6) reading comprehension in children with ADHD. Created scripts and entered data for some of the studies listed above. Organized and delivered IRB materials. Entered data for multiple studies into SPSS. Cleaned raw heart rate variability data using *Mindware* equipment. Gave feedback on chapters of Dr. Ruth Baer's mindfulness book: *The Practicing Happiness Workbook: How Mindfulness Can*

Free You from the Four Psychological Traps that Keep You Stressed, Anxious, and Depressed (New Harbinger). Attended bi-weekly lab meetings with PI and graduate students where the latest research in the areas of mindfulness, borderline personality disorder, self-regulation and social psychology were discussed. Coded stories for a study developing a new ADHD intervention.

Education Assistant, Supervisor: Elaina Houston (Experiential Education Course; Fall 2008)

Responsibilities: Contributed 50 hours of community service at Alta Medial Group. Read books in Spanish to children in the waiting room. Created posters promoting health in Spanish, entered data in contact lists and answered phones. Graded work of Spanish students at Los Alamitos High School.

TEACHING EXPERIENCE

Southern Utah University (Fall, 2019-present)

Guest lectured 3 times on various psychological skills training for a Psychosocial Aspects of Sport course.

Guest lectured on existential psychology for introductory psychology course focusing on resilience and wellbeing.

Scheduled to provide regular guest lectures for a Psychosocial Aspects of Sport course.

University of Arkansas (Spring, 2017)

Guest lectured for introductory psychology course focusing on psychological disorders.

LEADERSHIP POSITIONS & WORK EXPERIENCE

University of Arkansas Assistant Coach

Responsibilities: Coached football and volleyball games. Taught stunting and tumbling skills. Co-lead warm-ups and practices.

Flipside Ninja Park Coach

Responsibilities: Lead classes of children between the ages of 4 and 17, including warm-ups, skill development, spotting, providing feedback after each class, tracking skill acquisition.

Team USA Cheerleading Team

Received ICU Championship title with team USA in 2013.

University of Kentucky Cheerleading Team

Received UCA National Champion title in 2009 and 2012 and the 2nd Place title in 2011 and 2013.

University of Kentucky Cheerleading (Fall 2009- Spring 2009; Fall 2011-Spring 2013)

Responsibilities: Judged cheerleading competitions. Performed and spoke at elementary school assemblies, talking to children about the importance of academics, hard work, and staying drug free (25 assemblies). Taught at seven University of Kentucky Cheerleading clinics teaching gymnastic and cheerleading skills to those enrolled. Evaluated the interested attendees, qualifying those selected for upcoming University of Kentucky cheerleading try-outs.

ATC Cheerleading Instructor (Summers of 2010 & 2011)

Responsibilities: Taught cheerleading skills to high school cheerleaders for six week-long cheerleading camps.

Assistant Varsity Cheerleading Coach, Millikan High School (September, 2009-August 2010)

Responsibilities: Structured and taught practices, including warm-ups, skill and team building, conditioning, stunting, and gymnastics. Coached at competitions and games

CERTIFICATIONS

CITI Training Certificate in Human Subjects Research (Collaborative Institutional Training Initiative)

Columbia Suicide Severity Rating Scale Certification

Dialectical Behavior Therapy Skills Training – Behavioral Tech

A Tour of Motivational Interviewing

Scheduled and In Progress Trainings for Future Certification:

Naloxone Training for Opioid Overdose (Schedule for 1/11/24)

CPR Training (Scheduled for March, 2024)

Working toward biofeedback certification through Biofeedback Certification International Alliance (BCIA)

Currently completing required coursework (BCIA Accredited Anatomy and Physiology Course). Didactic instruction component will begin following completion of online Anatomy and Physiology Course through Duke University. Supervision with Ron Chamberlain, Ph.D. (sport psychologist) will begin 1/22/24.

Working toward Certified Mental Performance Consultant (CMPC)

In the process of completing required online coursework. Supervision from a sport psychologist will begin January 22nd, 2024.

Certified Eating Disorder Specialist (CEDs)

Will begin coursework Spring, 2024 to begin progress toward CEDs certification.

AFFILIATIONS AND MEMBERSHIPS

American Psychological Association
Clinical/Counseling Sport Psychology Association
Association for Applied Sport Psychology
Sigma Alpha Lambda-National Leadership and Honors Organization, August 2010-2015

REFERENCES

Ana Bridges, Ph.D.
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