

Curriculum Vitae
Mary Katherine Howell, PhD
Postdoctoral Fellow, VISN-5 MIRECC
Department of Veteran Affairs

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Contact Information

Business Address: VISN 5 MIRECC
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Education

2010 B.A., Northwestern University (Middle Eastern Languages & Civilizations,
Psychology)

2016 M.S., Howard University (Clinical Psychology, APA-accredited)
Thesis: The Effect of Written Trauma Narratives on Patterns of Activation,
Habituation, and Linguistic Change
Thesis Advisor: Thomas A. Mellman, M.D.

2020 Ph.D., Howard University (Clinical Psychology, APA-accredited)
Dissertation: Sleep-interfering Cognitions in Formerly Deployed Veterans
Dissertation Advisor: Thomas A. Mellman, M.D.

Post Graduate Education and Training

2019 - 2020 Psychology Internship (APA-accredited)
Washington, DC VA Medical Center

2020 - Present Postdoctoral Research Fellowship (APA-accredited)
VISN-5 VA Mental Illness Research, Education, and Clinical Center (MIRECC)

Employment History

Academic Appointments

2020 - Present Visiting Post-Doctoral Fellow, Division of Psychiatric Services Research,
University of Maryland School of Medicine

Research Positions

2020 - Present Postdoctoral Research Fellow, VISN-5 VA MIRECC

2019 - 2020 Research Intern, War-related Illness and Injury Study Center (WRIISC),
Washington DC VA Medical Center (DC VAMC)

2016 - Present Co-investigator, Alternative Distress Activation Pathways for PTSD Treatment
(ADAPT) Study, Howard University

2014 - 2019 Intervention Facilitator & Master Trainer, Learning to N.O.D. (Not Be On Duty)
Study, Howard University

2014 - 2015 Research Coordinator, Sleep and Processing Traumatic Memory Study, Howard
University

2013 - 2014 Program Evaluator, Social Skills Training Groups, Green Door Clinic

2009 - 2010 Research Assistant, Youth Emotion Project, Northwestern University

2008 - 2009 Research Assistant, General Anxiety Disorder Lab, Northwestern University

Clinical Positions

2020-Present Psychology Postdoctoral Fellow, VA Maryland Healthcare System (VAMHCS)

2019-2020 Psychology Intern, Washington DC VA Medical Center (DC VAMC)

2018 Psychology Extern, Potomac Behavioral Solutions, Crystal City, VA

2017-2018 Health Psychology Extern, Washington DC VA Medical Center (DC VAMC)

2016-2017 Trauma Services Psychology Extern, Washington DC VA Medical Center (DC
VAMC)

2015-2016 Psychology Practicum Student, Howard University Family Health Center

2014-2015 Psychology Practicum Student, Howard University & DC Public School System

2011-2014 Community Support Worker, Green Door Mental Health Clinic, Washington, DC

Clinical Expertise

Clinical and research focus are in the areas of PTSD, insomnia, and serious mental illness (SMI)

Other Employment

- 2010 Program Assistant, Concern for Children Trust – GlaxoSmithKline, Karachi, Pakistan
- 2009 Intern, United Nations Relief and Works Agency (UNRWA), West Bank, Palestinian Territories
- 2009 Program Assistant, Treatment & Rehabilitation Center for Victims of Torture, West Bank, Palestinian Territories

Professional Society Membership

- 2019-Present Association of VA Psychologist Leaders (AVAPL)
- 2019-Present American Psychological Association Psychologists in Public Service, Division 18
- 2015-Present International Society for Traumatic Stress Studies
- 2014-Present American Psychological Association of Graduate Students
- 2014-Present American Psychological Association Society of Clinical Psychology, Division 12
- 2014-Present American Psychological Association Ethnic Minority Issues, Division 45
- 2014-Present American Psychological Association Trauma Psychology, Division 56
- 2014-Present District of Columbia Psychological Association
- 2010-Present Northwestern University Alumni Association
- 2017-2019 Association for Clinical and Translational Science
- 2015 Association for Psychological Science

Honors And Awards

- 2021 Outstanding Poster Presentation, 15th Annual Amygdala, Stress, and PTSD Conference, Uniformed Services University, Washington, DC.
- 2019 Poster Award Winner, 2nd Place, Annual Convention of the Maryland Psychological Association, Baltimore, MD.
- 2019 Winner of 3 Minute Thesis© (3MT) Competition at Edward Alexander Bouchet Society Forum at Howard University, Washington, DC.
- 2017 Invited speaker at Sleep & Stress Symposium, Howard University, Washington, DC.
- 2017 Invited judge for Leslie Hicks Psychology Symposium, Howard University, DC.
- 2017 Distinguished Oral Presentation at Association for Clinical and Translational Science 2017, Washington, DC.
- 2017 Poster Award Winner, 2nd Place, Museum Day Live 2016: I Am Psyched!, Washington, DC: On the Road to Recovery: An analysis of emotional processing in women with PTSD (Myers, J.R. & Mellman, T.A.)
- 2015 Poster Award Winner, Division 12 Society of Clinical Psychology, APA Convention 2015, Toronto, Canada: Writing trauma narratives increases temporal organization & habituation (Myers, J.R. & Mellman, T.A.)
- 2007 Phi Eta Sigma Honor Society

2006 National Merit Scholar

National Service

2021-Present VISN 5 MIRECC Representative, National MIRECC & Centers of Excellence
Diversity, Equity, and Inclusion (DEI) Interest Group
2019-2020 Intern Representative, Administrative Committee, *VA Psychology Training
Council*
2018-2019 Trainee Representative, Communications Committee, *Association for Clinical
and Translational Science*
2017 Committee Member, Brain Bee Competition Organizing Committee, *American
Psychological Association Annual Convention*

Local Service

2021-Present Founding Member, Diversity, Equity, and Inclusion (DEI) Committee, VISN 5
MIRECC
2020-Present Psychological First Aid (PFA) Provider, Critical Incident Stress Management
(CISM) Team, Washington DC VA Medical Center (DC VAMC)
2019-2020 Mentor, Psychology Mentorship Program, DC VAMC
2019 Application Reviewer, Intern Selection Committee, DC VAMC
2015 Social Committee Chair, Howard University Clinical Psychology PhD Program
2014-2020 Cohort Representative, Howard University Clinical Psychology PhD Program
2010-Present Mentor, Columbia Heights Teen Mentoring Program, Grace Meridian Hill Church

Teaching Service

2020 Trainer, Clinician-Administered PTSD Scale for DSM-5 (CAPS-5) Training for
Research Assistants, University of Maryland

Undergraduate Student Teaching

2016 Teaching Assistant & Instructor, Howard University, Department of Psychology
Child Abuse and Neglect (Spring 2016)
Approx. 30 students per lecture; 6 hours/week in class

2015 Teaching Assistant, Howard University, Department of Psychology
Statistics I: Lecture/Lab (Fall 2015)
Approx. 50 students per lecture; 6 hours/week in class
Approx. 8 students per lab; 4 hours per week in lab (two 1-hour labs two
days/week)

2015 Teaching Assistant & Instructor, Howard University, Department of Psychology
Psychological Testing: Lecture/Lab (Summer 2015)
Approx. 15 students; 6 hours/week in lab (one 3-hour lab two days/week)

2008-2009 Instructor, Northwestern University

Humanitarian Aid: Sovereignty, Accountability, & Effectiveness
Approx. 22 students; 3 hours/week

Grant Support

2021-2023 (PI, 50%)
"A Pilot Study of Written Exposure Therapy for Veterans with SMI and co-occurring PTSD"
VISN-5 MIRECC Pilot Study Funding
Annual Direct Costs: \$12,798.12
Total Direct Costs: \$25,596.24

Completed Grants

2016-2018 (PI, 50%)
"Alternate Distress Activation Pathways for PTSD Treatment (ADAPT)"
NIH Ruth L. Kirschstein National Research Service Award (NRSA) TL1
Predoctoral Research Training Grant
Annual Direct Costs: \$73,000
Total Direct Costs: \$73,000

Publications

Peer-reviewed Journal Articles

1. Kobayashi, I., Mellman, T. A., Cannon, A., Brown, I., Boadi, L., **Howell, M. K.**, Lavela, P., & Sandhu, I. (2022). Blocking the orexin system following therapeutic exposure promoted between session habituation, but not PTSD symptom reduction. *Journal of psychiatric research*, 145, 222-229. <https://doi.org/10.1016/j.jpsychires.2021.12.027>
2. Mellman, T. A., **Howell, M. K.**, Lavela, J., Reinhard, M., & Hall Brown, T. S. (2021). A brief sleep intervention for Veterans with pre-sleep cognitive exercises to reduce vigilance. *Military Behavioral Medicine*, 1-9. <https://doi.org/10.1080/21635781.2021.1876798>
3. Kobayashi, I. & **Howell, M. K.** (2018). Impact of traumatic stress on sleep and management options in women. *Sleep Medicine Clinics*, 13(3), 419-431. <https://doi.org/10.1016/j.jsmc.2018.04.009>
4. Simmons, K., Garcia, E., **Howell, M. K.**, & Leong, S. (2016). Psych-Trends. Technological Advance of Mobile Interventions and Behavioral Health Interventions: A Brief Review of the Best Apps. *Journal of Unified Psychotherapy and Clinical Science*, 4(1), 88.
5. Simmons, K., Garcia, E., **Howell, M. K.**, & Leong, S. (2016). Personalizing, Delivering and Monitoring Behavioral Health Interventions: An Annotated Bibliography of the Best Available Apps. *The Register Report: The National Register of Health Service Psychologists*, 42, 46-54.

6. Kobayashi, I., Mellman, T. A., Altaee, D., **Howell, M. K.**, & Lavela, J. (2016). Sleep and Processing of Trauma Memories. *Journal of Traumatic Stress*, 29(6), 568-571. <https://doi.org/10.1002/jts.22137>

7. Aitcheson, R., Abu-Bader, S., **Howell, M. K.**, Khalil, D., & Elbedour, S. (2016). Resilience in Palestinian adolescents living in Gaza. *Psychological Trauma: Theory, Research, Practice, & Policy*, 9(1), 36-43. <http://dx.doi.org/10.1037/tra0000153>

Submitted or In-Revision Peer-reviewed Journal Articles

* indicates authors mentored

1. **Howell, M. K.**, Myers, J. R., Kobayashi, I., & Mellman, T. A. (Submitted). Activation, habituation, and response to written exposure for posttraumatic stress disorder. *European Journal of Psychotraumatology*.

2. Myers, J. R., **Howell, M. K.**, Kobayashi, I., & Mellman, T. A. (Submitted). Linguistic changes during written narrative disclosure in an urban-residing African American community sample. *Journal of Psycholinguistic Research*.

3. **Howell, M. K.**, Breneman, C., Allen, N., & Reinhard M. (Submitted). Manually scoring actigraphy in the absence of a sleep diary: A reliability analysis in Gulf War veterans with Phillips Respironics Actiwatch. *Military Medicine*.

4. Crock, L.,* **Howell, M. K.**, Allen, N., Dutton, M. A. & Reinhard, M. (Submitted). Dispositional mindfulness alters the relationship between stressful life events on posttraumatic stress disorder symptoms in veterans with Gulf War Illness. *Mindfulness*.

5. **Howell, M. K.**, Lavela, J., Sandhu, I., Kim, W., Reinhard, M., & Mellman, T. A. (Submitted). Sleep-interfering cognition in formerly deployed Veterans. *Military Behavioral Health*.

6. **Howell, M. K.**, Marggraf, M., Taylor, M. T.,* Hammer, L. A.,* Coakley, G. N.,* Giron-Hernandez,* C. Y., Brown, C. H., Drapalski, A., & Hack, S. M. (Submitted). Social functioning and personal recovery in adults with serious mental illness. *Psychiatric Rehabilitation*.

Major Invited Speeches

Local

1. **Howell, M. K.** (2021, September). Discussing Cultural Identity with Veterans. Annual SMI Retreat at the VA Maryland Health Care System, Baltimore, MD.
2. **Howell, M. K.** (2021, May). Improving PTSD treatment for and Veterans with SMI. Psychology Intern SMI Didactic Series at the VA Maryland Health Care System, Baltimore, MD.
3. **Howell, M.K.** (2021, March). Trauma & PTSD, impact on persons and organizations. Community Wealth Partners, Washington, DC.

4. Adomako, F., **Howell, M.K.**, Maestro, K., Massey, A., Salky, L., Vogel, T., & Yeung, C. (2019, October). Preparing for externship and internship applications and interviews. Psychology Extern Didactic Series at the DC VA Medical Center, Washington, DC.
5. **Howell, M.K.** (2019, September). Trauma & PTSD: Invisible injuries of contemporary warfare. Psychology Extern Didactic Series at the DC VA Medical Center, Washington, DC.
6. **Howell, M. K.** (2017, July). Diminishing impact of intrusive cognitions on sleep. Sleep & Stress Symposium, Howard University, Washington, DC.
7. **Howell, M.K.** (2017, May). Learning to N.O.D. (Not Be On Duty): Veterans sleep study. GHUCCTS Participant Advisory Board, Washington, DC.
8. **Howell, M.K.** & Daly, E. (2016, December). Invisible injuries of contemporary warfare. Operation College Promise Certification Training at the University of Maryland, College Park, MD.
9. **Howell, M. K.** (2016, April). Cognitions and behaviors that disrupt sleep in formerly deployed US Veterans. 2016 Howard Research Week Symposium, Howard University, Washington, DC.
10. **Howell, M.K.** (2015, October). Selecting a graduate psychology program. Guest Lecture for Introduction to Clinical Psychology (PSYC-174), Howard University, Washington, D.C.
11. **Howell, M. K.**, & Myers, J. R. (2015, April). Writing trauma narratives increases temporal organization & decreases subjective distress. 2015 Howard Research Week Symposium, Howard University, Washington, DC.
12. **Howell, M. K.** (2015, February). Learning to N.O.D. – not on duty. Clinical Research Network Meeting, Howard University Hospital Clinical Research Unit, Washington, DC.
13. **Howell, M.K.** (2014, October). The importance and challenge of cultural moderators in research. Guest Lecture for Introduction to Clinical Psychology (PSYC-174), Howard University, Washington, D.C.
14. **Howell, M. K.** (2013, August). Quantitative and qualitative analysis of “Let’s Meet Up” group outcomes. Presentation given at Clinical Director Monthly Meeting, Green Door, Washington, D.C.

National

1. **Howell, M. K.** (2021, August). Invisible Injuries of Contemporary Warfare – Trauma & PTSD. Association of VA Vocational Rehabilitation Professionals (AVAVRP) Training, Virtual.
2. **Howell, M. K.** (2021, June). Discussing Cultural Identity with Veterans. National MIRECC Peer Webinar Speaker Series, Virtual.
3. **Howell, M. K.**, Berg-Cross, L., & Mellman, T. A. (2020, November). Vigilance in formerly deployed Veterans with insomnia. Society for Behavioral Sleep Medicine Annual Meeting, Virtual Meeting.

4. **Howell, M. K.** & Mellman, T. A. (2020, August). Sleep disruptive cognitions in deployment-related insomnia. SLEEP 34th Annual Meeting, Virtual Meeting.
5. **Howell, M. K.**, & Mellman, T. A. (2017, April). Characterizing vigilant thoughts and behaviors that disrupt sleep in Veterans and utilization of cognitive techniques. Association for Clinical and Translational Science 2017, Washington, DC.

Proffered Communications

1. Klingaman, E. A., Fischer, M., **Howell, M. K.**, Brown, C. B., & Li, L. (Submitted). CBT-I for Psychosis Leads to Reduced Insomnia Severity and Improved Functioning in Veterans with Psychosis and Insomnia: Results from a Preliminary RCT. 36th Annual Meeting of the Associated Professional Sleep Societies, Virtual Meeting.
2. Squires, L. E., Mitchell, A. M., Ortiz-Hernandez, S., Kumar, J., **Howell, M. K.**, Yeung, J. G., Corbett, C., & Cammack, N. (Accepted). Data-informed diversity practices and social responsiveness within a VA psychology training program. 2022 APPIC Conference.
3. Kobayashi, I., Mellman, T. A., Cannon, A., Brown, I., Boadi, L., & **Howell, M. K.** (2021, November). Blocking the orexin system following therapeutic exposure promoted between session habituation, but not PTSD symptom reduction. 37th Annual Meeting for the International Society for Traumatic Stress Studies, Virtual.
4. **Howell, M. K.**, Fischer, I.*, Fang, L., Grubaugh, A., Kreyenbuhl, J., & Drapalski, A. (2021, November). Prevalence of PTSD and service utilization in Veterans with serious mental illness. 37th Annual Meeting for the International Society for Traumatic Stress Studies, Virtual.
5. Klingaman, E., & **Howell, M. K.** (2021, June). Preliminary efficacy of CBT-I for psychosis in a Veteran sample. 35th Annual Meeting of the Associated Professional Sleep Societies, Virtual Meeting.
6. **Howell, M. K.**, Crock, L., Allen, N., Dutton, M. A., Reinhard, M. (2021, April). Dispositional mindfulness alters the relationship between stressful events on PTSD symptoms in Veterans with Gulf War Illness. 15th Annual Amygdala, Stress, & PTSD Conference at USUS, Virtual Meeting.
7. **Howell, M. K.**, Crock, L., Allen, N., Dutton, M. A., Costanzo, M., Reinhard, M. (2020, August). Veteran dispositional mindfulness reduces impact of stressful events on PTSD. 128th Annual American Psychological Association Convention, Virtual Meeting.
8. **Howell, M. K.**, Sandhu, I., Reinhard, M., & Mellman, T. A., (2019, November). The impact of vigilant thoughts and other sleep-interfering cognitions on sleep in formerly deployed Veterans. Annual Convention of the Maryland Psychological Association, Baltimore, MD.
9. **Howell, M. K.**, Myers, J. R., Kobayashi, I., & Mellman, T. A. (2018, November). Activation, habituation, and response to written trauma narrative exposure for PTSD. 33rd Annual Meeting for the International Society for Traumatic Stress Studies, Washington, DC.
10. **Howell, M. K.**, & Mellman, T. A. (2018, October). Congruence of activation and habituation of subjective distress and physiological arousal in written trauma narrative exposure for PTSD. Society for Psychophysiological Research 2018 Annual Meeting, Quebec City, Canada.

11. **Howell, M.K.**, Boadi, L., Reinhard, M., & Mellman, T. A. (2018, May). Training for sleep disturbance targeting nocturnal vigilance in Veterans. 2018 VA Research Week, Washington, DC.
12. **Howell, M. K.**, & Mellman, T. A. (2018, April). Subjective, Physiological Activation and Habituation, and Response to Written Trauma Narrative Exposure. Association for Clinical and Translational Science 2018, Washington, DC.
13. **Howell, M. K.**, & Mellman, T. A. (2017, October). Presence of vigilance in sleep-interfering cognitions and behaviors in formerly deployed Veterans. 32nd Annual Meeting for the International Society for Traumatic Stress Studies, Chicago, Illinois.
14. **Howell, M. K.**, & Mellman, T. A. (2017, April). Characterizing vigilant thoughts and behaviors that disrupt sleep in Veterans and utilization of cognitive techniques. Association for Clinical and Translational Science 2017, Washington, DC.
15. Myers, J. R., **Howell, M. K.**, & Mellman, T. A. (2017, February). On the Road to Recovery: An Analysis of Emotional Processing in Women with PTSD. Museum Day Live 2016: I Am Psyched! Washington, DC.
16. **Howell, M. K.**, Akeeb, A., & Mellman, T. A. (2016, October). Addressing cognitions and behaviors that disrupt sleep in formerly deployed US Veterans with mindfulness techniques. Association for Behavioral and Cognitive Therapies 50th Annual Convention, New York, NY.
17. DeRico, P., **Howell, M. K.**, Akeeb, A., & Mellman, T. A. (2016, August). Fear of sleep, dysfunctional beliefs about sleep, and general worry characterize choice of cognitive intervention in Veterans with disturbed sleep. 2016 Howard University College of Medicine Research Day, Washington, DC.
18. **Howell, M. K.**, Akeeb, A., Reinhard, M., & Mellman, T. A. (2016, May). Brief intervention for sleep disturbance targeting nocturnal vigilance in Veterans. 2016 VA Research Week, Washington, DC.
19. **Howell, M. K.**, Akeeb, A., Lavela, J., Kobayashi, I., & Mellman, T. A. (2015, November). First session fear activation and response to written narrative exposure. 31st Annual Meeting for the International Society for Traumatic Stress Studies, New Orleans, Louisiana.
20. **Howell, M. K.**, Aitcheson, R., & Elbedour, S. (2015, October). Resilience in Palestinian adolescents living in Gaza. 1st Arab Conference of the Lebanese Psychological Association, Beirut, Lebanon.
21. **Howell, M. K.**, Myers, J. R., & Mellman, T. A. (2015, August). Writing trauma narratives increases temporal organization & habituation. 123rd Annual American Psychological Association Convention, Toronto, Canada.
22. **Howell, M. K.**, Myers, J. R., Kobayashi, I. & Mellman, T. A. (2015, May). Writing trauma narratives increases temporal connection. 27th Annual Convention for the Association for Psychological Science, New York City, NY.

Other Communications

Briggs, L.R., Shah, S.A., **Howell, M.K.**, Shenoy, D., Moberg, M., & Burke, K. (2015). Stress and resilience issues affecting USAID personnel in high operational stress environments: An assessment. Retrieved from USAID Development Experience Clearinghouse (DEC) http://pdf.usaid.gov/pdf_docs/PA00KXHF.pdf

Howell, M.K. (2015, October 15). Writing trauma narratives increases temporal organization & habituation [blog post]. APA Division 12 Society of Clinical Psychology Blog. Retrieved from <http://www.div12.org/writing-trauma-narratives-increases-temporal-organization-habituatio/>