
Mary Katherine Howell, PhD

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EDUCATION

- 2020 Howard University, Washington, DC (APA-Accredited)
Doctorate of Philosophy, Clinical Psychology
Minors: Health Psychology, Quantitative Analysis GPA: 4.0
Dissertation Title: Sleep-interfering Cognitions in Formerly Deployed Veterans
- 2016 Howard University, Washington, DC (APA-Accredited)
Master of Science, Clinical Psychology
Thesis Title: The Effect of Written Trauma Narratives on Patterns of Activation,
Habituation, and Linguistic Change
- 2010 Northwestern University, Evanston, IL
Bachelor of Arts
Double Major: Psychology, Middle Eastern Languages and Civilizations

RESEARCH EXPERIENCE

- August 2020 - Present **VA Capitol MIRECC (Mental Illness Research, Education, and Clinical Center) for VISN-5** Baltimore, MD
Position: Allied Health Postdoctoral Fellow
Duties: Develop independent program of research on topics related to treatment development, implementation of recovery-oriented services, and examining health services relevant to serious mental illness. Participate in research training in psychosocial treatment development and health services research. Receive supervised clinical training and participate in educational activities with local, VISN-wide, and national reach within VA and benefit from academic experiences focused on biostatistical methods, health informatics, grant writing, and overall career development.
Supervisor: Melanie Bennett, PhD
- July 2019 - 2020 **Washington DC VA Medical Center** Washington, DC
Position: Psychology Intern
Year-long rotation:
 - **Research**Duties: Developed novel protocol and co-1st author manuscript on manually coding actigraphy rest intervals to train other research associates for data cleaning for the Complementary and Alternative Medicine for Sleep, Health Functioning, and Quality of Life in Veterans with Gulf War Veterans' Illnesses (GW-CAM Study). Supported manuscript revision as a 2nd author on a paper evaluating mindfulness as a moderator of the relationship between stressful deployment-related events and PTSD. Collaborated on current manuscript in development to establish a new measure of sleep variability. Developed original research question related to GW-CAM Study baseline data for 1st

author manuscript in collaboration with other research team members in the War-related Illness and Injury Study Center (WRIISC).

Supervisor: Matthew Reinhard, PsyD

Aug. 2016 -
Present

Georgetown-Howard Universities Center for Clinical and Translational Research, Howard University Washington, DC

Position: Co-Investigator

Population: African-American young adults

Project: *Alternative Distress Activation Pathways for PTSD Treatment (ADAPT) Study*

This project's aim is to elucidate the clinical significance of dissociative phenomena in exposure-based treatment and its relationship to autonomic nervous system balance. Funded by a research training grant (TL1) from the National Institutes of Mental Health (NIMH), participants with PTSD write about their traumatic experiences in evening and morning sessions with intervening sleep. This TL1 research project utilize a written narrative exposure (WNE) activity with civilians from a parent KL2-funded randomized control trial (RCT) on whether an orexin-antagonist, suvorexant, or placebo enhances sleep's role in processing traumatic memories.

Duties: Recruit, screen, and enroll study participants. Conduct clinician-administered assessments at baseline. Serve as un-blinded investigator for randomization of participants to suvorexant or placebo group and performing other drug accountability tasks.

Principal Investigators: Ihori Kobayashi, PhD, Mary Katherine Howell, MS

Dec. 2014 -
May 2019

Georgetown-Howard Universities Center for Clinical and Translational Research, Howard University Washington, DC

Position: Intervention Facilitator, Master Trainer

Population: OIF/OEF Veterans

Project: *Learning to N.O.D. (Not Be On Duty) Study*

This project's aim was to divert the pathway to substance misuse in Veterans by improving sleep through a brief, psychoeducation-based intervention. Funded by the Department of Defense, the intervention utilized sleep hygiene education and stimulus control techniques based in Cognitive Behavioral Therapy for Insomnia (CBT-I), then offered Veterans a menu of 4 different cognitive techniques to reduce nocturnal vigilance—two mindfulness-related, cognitive defusion and the body scanner, pleasant imagery, or dream rescripting based in Imagery Rehearsal Therapy (IRT)—and finally used MI to address substance abuse.

Duties: Administered a psychoeducation-based two-session intervention at Howard University and at the DC VA Medical Center that addressed sleep disturbance, nocturnal vigilance, and substance abuse. Trained other intervention facilitators at Howard and the DC VAMC. Networked with local VFWs and American Legion divisions for recruitment events with Veterans.

Principal Investigators: Thomas A. Mellman, MD, Matthew Reinhard, PhD

Aug. 2014 -
Dec. 2015

Georgetown-Howard Universities Center for Clinical and Translational Research, Howard University Washington, DC

Position: Research Coordinator

Population: African-American young adults

Project: *Sleep and Processing Traumatic Memory Study*

This project, funded by the National Institutes of Mental Health, examined the function

of REM sleep on emotional processing in written trauma narratives in African-Americans. This study utilized polysomnography to evaluate sleep architecture and continuity and then, measuring skin conductance and subjective units of distress, evaluated the emotional processing of the participant as they wrote their trauma narrative before and after sleep and before and after wakefulness.

Duties: Recruited, screened, and enrolled study participants. Conducted clinician-administered assessments. Administered all other phases of experiment protocol including written narrative disclosure and polysomnography measures.

Principal Investigator: Thomas A. Mellman, MD

Aug. 2013 -
Aug. 2014

Green Door Washington, DC

Position: Clinical Group Intervention Facilitator & Evaluator

Population: Adults with severe mental illness (SMI)

Project: “Let’s Meet Up” Social Skills & Relationship Development Groups

Duties: Designed and facilitated the “Let’s Meet Up” Social Skills Development social skills training community support groups as a pilot, 6-month social skills training intervention based on Alan Bellack’s “Social Skills Training for Schizophrenia.” Created a “Social Skills Inventory” self-report quantitative behavioral assessment to serve as part of the pre and post-test assessment. Analyzed pre and post-test qualitative and quantitative data results, including from the Quality of Life Enjoyment and Satisfaction Questionnaire (Q-LES-Q).

Supervisor: Willa Morris, MSW

Sept. 2009 -
June 2010

Youth Emotion Project, Northwestern University Evanston, IL

Position: Volunteer Research Assistant

Project: This project explored the effects of depression on autobiographical memory and memory specificity in youth by coding for specific details in narrative responses to the Autobiographical Memory Test (AMT).

Duties: Assisted in the development of a new coding scheme based on the CaR-FA-X (Capture and Rumination-Functional Avoidance-impaired eXecutive control) model of overgeneral memory (OGM).

Principal Investigator: Susan Mineka, PhD

Sept. 2008 -
June 2009

General Anxiety Disorder Lab, Northwestern University Evanston, IL

Position: Volunteer Research Assistant

Project: The project investigated the interpersonal effects of general anxiety disorder at the Family Institute at Northwestern University.

Duties: Coded footage of couples’ interactions after certain prompts for cognitive patterns, affect, and kinesics. Assisted in the development of the Worry-Interaction Coding System (WICS).

Principal Investigator: Richard Zinbarg, PhD

CLINICAL EXPERIENCE

July 2019 -
2020

Washington DC VA Medical Center Washington, DC

Position: Psychology Intern

1st rotation:

- **Polytrauma Clinic (half rotation)**

Duties: Conducted weekly comprehensive neuropsychological interventions for adults with a history of Traumatic Brain Injury (TBI) as well as psychological trauma. Presented cases and collaborated with providers from fields outside Psychology Service in weekly Interdisciplinary Team Meetings. Provided individual therapy utilizing a variety of approaches, including DBT and social skills training for persons with diminished cognitive abilities, to a caseload of 3 patients.

Supervisors: Scott Levson, PsyD; Carolyn Sherer, PsyD

- **Substance Abuse Rehabilitation Program (SARP, half rotation)**

Duties: Facilitated daily Motivational Enhancement Group using Motivational Interviewing (MI) techniques with Veterans with Substance Use Disorders (SUD). Developed and co-facilitated weekly truncated Dialectical Behavioral Therapy (DBT) Skills Group unique to SARP's programmatic features and patient needs. Provided individual therapy utilizing a variety of approaches, including MI, CBT, and DBT, to a caseload of 3 patients.

Supervisor: Leonard Tate, PhD

2nd rotation:

- **Trauma Services Program (TSP)**

Duties: Conducted psychodiagnostic and comprehensive assessments of Veterans referred to TSP. For Veterans that meet criteria for PTSD, facilitate treatment planning and refer patients to individual or group therapy or other services. Maintained an individual therapy caseload of 7-8 Veterans, utilizing Prolonged Exposure (PE), Written Exposure Therapy (WET), Cognitive Processing Therapy (CPT), and CBT-I. Co-facilitate DBT Skills Only Group.

Supervisors: Moshe Miller, PsyD; Aparna Arjunan, PhD

3rd rotation:

- **Trauma Services Program (TSP, half rotation)**

Duties: Developed a therapist guide for discussions with patients on cultural identity in assessments and individual therapy. Maintained an individual therapy caseload of 7-8 Veterans, utilizing Prolonged Exposure (PE), Written Exposure Therapy (WET), Cognitive Processing Therapy (CPT), and CBT-I. Co-facilitated Acceptance and Commitment Therapy (ACT) for PTSD Group. Conducted all clinical activities via VA Video Connect (VVC).

Supervisors: Moshe Miller, PsyD; Aparna Arjunan, PhD

- **Primary Care-Mental Health Integration (PC-MHI, half rotation)**

Duties: Conducted initial functional assessments and brief interventions for Veterans seeking psychological services in primary care clinics. Developed and co-facilitated a manualized COVID-19 Stress Management Group.

Supervisors: Nicole Cammack, PhD

May 2018 -
Dec. 2018

Potomac Behavioral Solutions Crystal City, VA

Position: Psychology Extern

Population: Adults with Borderline Personality Disorder and anxiety and mood disorders

Duties: Conduct intake evaluations and diagnostic assessment. Provide evidence-based treatments (EBTs) to clients including comprehensive DBT—individual DBT, DBT skills group, and 24/7 phone coaching under the supervision of licensed psychologists certified to administer DBT by The Linehan Institute. Co-facilitate one weekly adult DBT skills

group. Participate in weekly DBT Team Consultation Meetings. Provide cognitive-behavioral treatments and other EBTs as needed to clients, including CBT for depression and CBT for Generalized Anxiety Disorder (GAD).

Supervisor: Elizabeth Wine, PsyD

Sept. 2017 -
June 2018

Washington DC VA Medical Center Washington, DC

Position: Health Psychology Extern

Population: Veterans with Insomnia, Chronic Pain, or Infectious Diseases

Duties: Conducted intake evaluations for Veterans referred to the Sleep & Pain Clinics and psychodiagnostic and neuropsychological assessments of Veterans referred to the Infectious Disease Clinic. Managed individual therapy caseload of five to six patients utilizing Cognitive Behavioral Therapy for Insomnia (CBT-I), Cognitive Behavioral Therapy for Chronic Pain (CBT-CP), and skills-based and problem-solving approaches. Conducted liver transplant psychological evaluations. Co-facilitated five “Breathe Easy” Smoking Cessation groups, a MOVE! Weight Management group, and three CBT-CP groups.

Supervisors: Leah Squires, PhD; Chelita DuBois, PsyD

May 2016 -
Aug. 2017

Washington DC VA Medical Center Washington, DC

Position: Trauma Services Program Extern

Population: Veterans diagnosed with Posttraumatic Stress Disorder (PTSD)

Duties: Conducted psychodiagnostic and neuropsychological assessments of Veterans referred to the Trauma Services Program. For Veterans that meet criteria for PTSD, facilitated treatment planning and referred patients to individual or group therapy or any skills training or education and support groups. Maintained an individual therapy caseload of four to five Veterans, utilizing PE as well as CPT. Completed three PE patients and two CPT patients with full protocols. Co-facilitated Women’s Skills Training in Affective and Interpersonal Regulation (STAIR) group, a Men’s STAIR group, Coping Skills for PTSD group, and two CPT groups.

Supervisor: Miguel Roberts, PhD

May - July
2015, 2016

Neuropsychology Associates of Fairfax Fairfax, VA

Position: Summer Neuropsychological Testing Extern

Population: Adults with various neurological disorders

Duties: Administered and scored brief and extended neuropsychological assessment batteries to patients diagnosed with a variety of neurological disorders, including multiple sclerosis, epilepsy, stroke, dementia, and brain tumors, at a private practice. Wrote neuropsychological reports summarizing assessment results and clinical history.

Supervisors: Timothy Fratto, PhD; Cynthia Sullivan, PhD

Aug. 2015 -
May 2016

Howard University Family Health Center, Faculty Practice Plan Washington, DC

Position: Practicum Student

Population: African-American adults

Duties: Delivered individual psychotherapy using culturally appropriate Cognitive Behavioral Therapy (CBT) to clients with a variety of psychiatric diagnoses, including Schizophrenia and Major Depressive Disorder (MDD). Delivered PE with live supervision to two clients with PTSD.

Supervisor: Ruth Elaine Graves, PhD

- Oct. 2014 - May 2015 **Howard University Hospital's Healthy Minds, Healthy Bodies School-Based Health Clinics** Washington, DC
Position: Assessment Facilitator
Population: High-school African-American and Latino students
Duties: Screened and regularly re-assessed high school students at Washington, DC Public Schools for mental illness, high risk behaviors, neglect, and physical, sexual, or emotional abuse. Filed reports as needed with DC's Child Protective Services. Conducted brief MI interventions for moderate risk alcohol and drug use. Led interactive psychoeducation presentations on trauma to high school student health classes.
Supervisor: Tyish Hall Brown, PhD
- Aug. - Dec. 2014 **Clinical Assessment II Practicum at Howard University** Washington, DC
Position: Graduate Student Assessment Facilitator
Population: African-American youth aged 4-16
Duties: Selected, administered, and scored academic assessments and neuropsychological batteries within the Washington, D.C. school system. Conducted clinical interviews with children, significant family members, and school personnel. Wrote comprehensive reports based on assessment findings and reviewed results during school IEP meetings.
Supervisor: Georita M. Frierson, PhD, Dominique Charlot-Swilley, PhD

OTHER PROFESSIONAL CLINICAL EXPERIENCES

- Aug. 2011 - Aug. 2014 **Green Door** Washington, DC
Position: Community Support Worker (CSW)
Population: Adults with severe mental illness (SMI)
Duties: Assisted a caseload of 23 clients in identifying personal recovery goals. Provided psychoeducation and taught symptom management. Accessed community resources for clients such as entitlements, substance use recovery programs, food banks, housing, and medical care. Interviewed clients regarding psychosocial history for yearly assessments of skills and functioning. Assisted with training new team CSWs.
Supervisor: Kalim Pearson, MSW
- June - Aug. 2010 **Concern for Children Trust – GlaxoSmithKline** Karachi, Pakistan
Position: Program Assistant
Population: Refugee children from Bangladesh and surrounding countries living in Mohammadi "Machar" Colony, Karachi's largest urban squatter community, with a range of somatic and psychiatric diagnoses.
Duties: Led workshop on the asset-based approach to community development (ABCD) for children's health and mental health programs. Assisted in fundraising activities highlighting demonstrated improved health and mental health outcomes for children who participated in programming.
Supervisor: Hema Sarika, MPH
- June - Aug. 2009 **Treatment & Rehabilitation Center for Victims of Torture** West Bank, Palestinian Territories
Position: Program Assistant
Population: Palestinian adults who either had experienced torture associated with the Israeli-Palestinian conflict or who had close family members who experienced torture

Duties: Assisted in therapy sessions in Arabic with torture survivors employing a variety of methods: cognitive-behavioral therapy, PE, & eye movement desensitization and reprocessing (EMDR). Administered BDI-II, BHS, and PCL assessments in Arabic to adults with limited English and/or Arabic literacy. Assisted in case management appointments with torture survivors, dealing with client needs ranging from medical issues and unemployment to strain on the marital relationship.

Supervisor: Khader Rasras, PhD

June - Aug.
2009

United Nations Relief and Works Agency (UNRWA) West Bank, Palestinian Territories

Position: Intern

Population: Palestinian children living in refugee camps

Duties: Designed 2 two-week Summer Camps in Arabic for age 7-12 children in Al-Arroub refugee camp implementing play & art therapeutic activities for children with a history of trauma through UNRWA's Mental Health Department for the West Bank.

Supervisor: Lubna Maydeh, MSW

TEACHING EXPERIENCE

2016

Howard University Psychology Department, Washington, DC

Position: Teaching Assistant

Duties: Assist lead professor and instructor, Dr. Gishawn Mance, in the instruction of the Spring 2016 course, PSYC-012, "Child Abuse and Neglect." Lead selected lectures, proctor student exams, grade student essay-based exams and reflection papers, and provide office hours as needed.

2015

Howard University Psychology Department, Washington, DC

Position: Teaching Assistant

Duties: Assisted lead professor and instructor, Dr. Afiya Fredericks, in the instruction of the Fall 2015 course, PSYC-003, "Statistics I (Lecture/Lab)." Led two 1-hour lab sections two days per week teaching new material and reviewing lecture material, graded weekly quizzes, class activities, and course projects, and provided tutoring and other guidance at office hours 3 hours per week.

2015

Howard University Psychology Department, Washington, DC

Position: Teaching Assistant

Duties: Assisted lead professor and instructor, Dr. Afiya Mbilishaka, in the instruction of the Summer 2015 Session II course, PSYC-120, "Psychological Testing Lecture and Lab." Led two 3-hour labs on Mondays and Thursdays teaching new material and reviewing lecture material. Gave multimedia presentations at each lab and led discussions with the 14 enrolled students. Graded and gave individualized feedback on abstracts of hypothetical psychological experiments that critiqued and existing psychometric.

2008-2009

Northwestern University International Studies Department, Evanston, IL

Position: Course Instructor, NUCHR Education Chair

Duties: Taught winter quarter seminar "Humanitarian Aid: Sovereignty, Accountability, & Effectiveness" for annual student-run course for the Northwestern University Conference on Human Rights (NUCHR). Designed curriculum, readings, & assignments for the NUCHR's annual student-organized seminar. Recruited guest speakers from the

Chicagoland area and within Northwestern University faculty and staff for each lecture. Gave multimedia presentations at each class and led discussions with the 22 enrolled students on weekly readings, which included primary sources, academic papers from thought-leaders in international development and political science, and current events from news media.

CONSULTING EXPERIENCE

2011-2016 **Greenleaf Integrative Strategies, LLC**, Arlington, VA
Position: Business Development Consultant & Research Associate
Duties: Researched stress management and trauma recovery modalities and made recommendations to US Government agencies with employees operating in high threat environments regarding their Staff Care programs. Developed survey instrument to assess USAID personnel stress and exposure to critical incidents and conducted survey data analysis for the report, “Stress and resilience issues affecting USAID personnel in high operational stress environments: An assessment.” Managed, wrote, and edited winning proposals for GIS, a psychosocial resiliency training firm, to US Government agencies, including the “Trauma-Informed Resiliency Training” contract with Office of Afghanistan and Pakistan Affairs (OAPA) and the “Resiliency Advantage Trainings” contract with the Office of Personnel Management (OPM).
Supervisor: Siddharth Ashvin Shah, MD, MPH

PUBLICATIONS

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. Mellman, T. A., **Howell, M. K.**, Lavela, J., Reinhard, M., & Hall Brown, T. S. (Accepted). A brief sleep intervention for Veterans with pre-sleep cognitive exercises to reduce vigilance. *Military Behavioral Medicine*.
4. 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>
5. 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.
6. 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.
7. 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>

8. 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>

RESEARCH ORAL PRESENTATIONS

1. **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.
2. **Howell, M. K.** & Mellman, T. A. (2020, August). Sleep disruptive cognitions in deployment-related insomnia. SLEEP 34th Annual Meeting, Virtual Meeting.
3. **Howell, M. K.** (2017, July). Diminishing impact of intrusive cognitions on sleep. Sleep & Stress Symposium, Howard University, Washington, DC.
4. **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.
5. **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.
6. **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.
7. **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.
8. **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.

RESEARCH POSTER PRESENTATIONS

1. **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.
2. **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.
3. **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.

4. **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.
5. **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.
6. **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.
7. **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.
8. **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.
9. 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.
10. **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.
11. 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.
12. **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.
13. **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.
14. **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.
15. **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.
16. **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.

COMMUNITY PRESENTATIONS

1. 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.
2. **Howell, M.K.** (2019, September). Trauma & PTSD: Invisible injuries of contemporary warfare. Psychology Extern Didactic Series at the DC VA Medical Center, Washington, DC.
3. **Howell, M.K.** (2017, May). Learning to N.O.D. (Not Be On Duty): Veterans sleep study. GHUCCTS Participant Advisory Board, Washington, DC.
4. **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.
5. **Howell, M.K.** (2015, October). Selecting a graduate psychology program. Guest Lecture for Introduction to Clinical Psychology (PSYC-174), Howard University, Washington, D.C.
6. **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.

OTHER PUBLIC OUTPUT

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-habituation/>

SCHOLARLY CONSULTATION

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

GRANTS

2019	Research & Travel Award from Howard University Graduate School, \$500, Funded
2016-2018	NIH Ruth L. Kirschstein National Research Service Award (NRSA) TL1 Predoctoral Research Training Grant, \$73,000, Funded
2018	Just-Julian Graduate Research Assistantship, \$52,000, Unfunded
2015	DC Psychological Association Research Grant, \$1,000, Unfunded
2014	Ford Foundation Fellowship Program, \$60,000, Unfunded
2010	Fulbright U.S. Student Research Grant, \$24,000, Unfunded
2009	Harry S. Truman Scholarship, \$30,000, Unfunded
2006	Rotary Club Shades Valley Chapter Educational Scholarship, \$3,000, Funded

PROFESSIONAL DEVELOPMENT

- 2020 Certification in Critical Incident Stress Management (CISM) from the International Critical Incident Stress Foundation (ICISF) Inc., Washington, DC
- 2018 Georgetown University Summer Intensive Workshop: Biostatistics, Epidemiology, and Clinical Research, Washington, DC
- 2018 DC VA Medical Center Research Day, Washington, DC
- 2018 SLEEP 32nd Annual Meeting, Baltimore, MD
- 2017 International Society for Traumatic Stress Studies 33rd Annual Meeting, Chicago, IL
- 2017 American Psychological Association Annual Convention, Washington, DC
- 2017 Sleep & Stress Symposium at Howard University, Washington, DC
- 2017 Association for Clinical and Translational Science, Washington, DC
- 2015-Present Translational Biomedical Science Workshops (weekly) at Howard and Georgetown Universities, Washington, DC
- 2016 Association for Behavioral and Cognitive Therapies 50th Convention, New York, NY
- 2016 Cognitive Processing Therapy Training, Center for Deployment Psychology, Washington, DC
- 2016 DC VA Medical Center Research Day, Washington, DC
- 2016 Howard Research Day, Washington, DC
- 2015 International Society for Traumatic Stress Studies 31st Annual Meeting, New Orleans, LA
- 2015 American Psychological Association Annual Convention, Toronto, Canada
- 2015 27th Annual Convention Association for Psychological Science, New York City, NY
- 2015 Cognitive Processing Therapy Training, Ryerson University, Toronto, Canada
- 2015 Howard ETS NAEP Multivariate Workshop, Washington, DC
- 2015 Howard Research Day, Washington, DC
- 2014 NSF Grant-Writing Workshop, Grant Training Center, College Park, MD
- 2014 Summer Diversity Conference, University of Maryland, College Park, MD
- 2014 Co-Occurring Disorders 6-Week Training, Dept. of Behavioral Health, Washington, DC
- 2014 CBT Workshop for Depression and Suicidality, Beck Institute, Philadelphia, PA

AWARDS AND HONORS

- 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

LEADERSHIP & SERVICE

2020-Present Psychological First Aid (PFA) Provider, Critical Incident Stress Management (CISM) Team, DC VAMC
 2019-2020 Intern Representative, Administrative Committee, VA Psychology Training Council
 2019-2020 Mentor, Psychology Mentorship Program, DC VAMC
 2017 Committee Member, Brain Bee Competition Organizing Committee, APA Convention
 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

MEMBERSHIPS

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