

COLTON “COLT” M. ST. AMAND, Ph.D., M.D. (he/they)
Curriculum Vitae

EDUCATION

08/16 to 05/20 **University of Texas Medical Branch**, Galveston, TX
Degree Obtained: M.D. 5/2020

8/07 to 5/13 **University of Houston (APA-Accredited)**, Houston, TX
Degrees Obtained: M.A. Clinical Psychology 12/2009
 Ph.D. Clinical Psychology 5/2013
Program Model: Scientist-Practitioner, Child-Family Track

Masters Thesis: Examining DSM-IV-TR Sexual Orientation Subtypes for
 Transgender Men
 Thesis Committee Chair: Julia C. Babcock, Ph.D.
 Defended 8/2009

Doctoral Dissertation: Psychological Effects of Exogenous Testosterone on Transgender
 Men: A Longitudinal Study
 Dissertation Committee Chair: Julia C. Babcock, Ph.D.
 Defended 2/2012

08/02 to 05/06 **Rice University**, Houston, TX
Degree Obtained: B.A. (Psychology), conferred *Summa Cum Laude*
 GPA 4.0, Phi Beta Kappa

POSITIONS HELD

Psychologist Physician

Founder, Medical Director, Riverside Family Medicine, Oneonta, New York
March 2025 - Present

Senior Attending Physician and Clinical Lead

Gender Wellness Center
Bassett Healthcare Network, Oneonta, New York
October 2023 - February 2025

RESIDENCY TRAINING

Department of Family Medicine

June 2020 –June 2023

Mayo Clinic School of Graduate Medical Education

Family Medicine Resident, Rochester, Minnesota

Student Counseling Center

August 2012-July 2013

Texas Tech University

Counseling Psychology Intern, Lubbock, Texas

FELLOWSHIP TRAINING

New York State Department of Health AIDS Institute
Family Medicine Fellowship
Transgender Clinical Scholars Fellowship

October 2023 – September 2024

Michael E. DeBakey VA Medical Center
Postdoctoral Fellowship in Clinical Psychology

August 2013 – July 2014

Interprofessional Lesbian, Gay, Bisexual, Transgender (LGBT) Health Care Fellow, Houston, Texas

LICENSURE/CERTIFICATIONS

American Board of Family Medicine Certified Family Medicine Physician issued July 2023

New York Licensed Physician #324133 issued June 2023

Texas Licensed Physician # T9987 issued September 2022

Minnesota Licensed Physician # 69857 issued July 2021

World Professional Association of Transgender Health (WPATH) Global Education Initiative (GEI) Mentor issued April 2019

WPATH GEI SOC7 Certified Member issued December 2018

Texas Licensed Psychologist (LP) # 36071 issued September 2014

ACADEMIC APPOINTMENTS

University of Houston

August 2014 – Present

Department of Psychology

Lecturer, Houston, Texas (August 2014 – January 2019)

Adjunct Assistant Professor (February 2019 – December 2024)

College of Liberal Arts and Social Sciences Institute for Research on Women, Gender & Sexuality

Faculty Affiliate (2019 – 2024)

Menninger Department of Psychiatry and Behavioral Sciences October 2015 – January 2023

Baylor College of Medicine

Clinical Assistant Professor, Houston, Texas

Course Coordinator: Gender and Sexual Health

Southern Methodist University

August 2014 – 2017

Department of Dispute Resolution and Counseling

Adjunct Instructor, Plano, Texas

TEACHING/MENTORING

Indian Health Services (IHS) Trans and Gender Affirming Care Pediatric Faculty

Participate in monthly consultation and training calls

February 2024 – January 2025

World Professional Association for Transgender Health (WPATH) GEI SOC8 Certified Mentor

Mentor mental health and medical providers on an ongoing basis

2019 – Present

PROFESSIONAL MEMBERSHIPS

2020 – Present	American Academy of Family Physicians (Member)
2016 – 2020	American Medical Association (Member)
2008 – Present	World Professional Association for Transgender Health (Member) Board of Directors: Student Initiative Co-Chair (2014 – 2016) Standards of Care Version 8 Hormone Therapy Chapter Member GEI SOC7 and SOC8 Certified Member and Mentor (2019 – Present)
2008 – Present	American Psychological Association (Member) Division 44 Co-Chair of the Committee for Transgender People and Gender Diversity (2012 – 2014) Division 44 Student Representative (2010-2012) Member of the Committee on Youth and Families (2012-2016)
2007 – 2017	Texas Psychological Association (Member) Contact for the APA's LGBT Concerns Office (2010-Present) LGBT Special Interest Group Student Representative (2008-2012)
2016 – 2020	Texas Medical Association (Student Member)
2009 – 2012	The Society for the Scientific Study of Sexuality (Student Member)
2009 – 2011	Association for Behavioral and Cognitive Therapies (Student Affiliate)

CLINICAL GUIDELINES AND REPORTS

World Professional Association for Transgender Health International Standards of Care Version 8 Hormone Therapy Chapter Committee Member (2018 - 2022)

***Published under surnames St. Amand, Keo-Meier, and Meier**

PUBLICATIONS

1. Rider, G.N., Ehrensaft, D., & **St. Amand, C.** (Eds.) (in press). *Pediatric gender health: The gender affirmative model revisited* (2nd ed.). Washington, DC: American Psychological Association.
2. Ducheny, K., Hendricks, M. L., Rider, G. N., & **St. Amand, C. M.** (in press). Affirmative interdisciplinary collaborative care with trans and nonbinary clients. In A. Singh & R. McCullough (Eds.), *Affirmative counseling and psychological practice with trans and nonbinary clients* (2nd ed.). Washington DC: American Psychological Association. <https://doi.org/10.1037/0000471-005>
3. Clark, D.B.A., Metzger, D.L., Pang, K.C., **St. Amand, C.**, & Khatchadourian, K. (2025). Individualized and innovative approaches to gender healthcare for transgender and nonbinary youth. *Nature Reviews Endocrinology*. <https://doi.org/10.1038/s41574-025-01113-z>
4. Strand, N., Gomez, D., Kacel, E., Morrison, E., **St. Amand, C.**, Vencill, J., Pagan-Rosado, R., Lorenzo, A., Gonzalez, C., Mariano E., Reece-Nguyen, T., Narouze, S., Mahdi, L. Chadwick, A., Kraus, M., Bechtle, A., & Kling, J. (2024). Concepts and approaches in the management of transgender and gender-diverse patients. *Mayo Clinic Proceedings*, 99(7), 1114-1126. DOI: 10.1016/j.mayocp.2023.12.027

5. Arrington-Sanders, R. Connell, N., Coon, D., Dowshen, N., Goldman, A., Goldstein, Z., Grimstad F., Javier, N., Kim, E., Murphy, M., Poteat, T., Radix, A., Schwartz, A; **St. Amand, C.**, Streed, C., Tangpricha, V., Toribio, M., & Goldstein, R. (2023). Assessing and addressing the risk of venous thromboembolism across the spectrum of gender-affirming care: A review. *Endocrine Practice*, 29(4), 272-278. DOI: 10.1016/j.eprac.2022.12.008
6. hastings, J., Geilhufe, B., Jaffe, J. M., Rapues, J., & **St. Amand, C.** (2023). Creating inclusive, gender affirming clinical environments. In *Reproduction in Transgender and Nonbinary Individuals: A Clinical Guide* (pp. 177-207). Cham: Springer International Publishing.
7. Coleman, E., Radix, A. E., Bouman, W. P., Brown, G. R., De Vries, A. L., Deutsch, M. B., ... **St. Amand, C.**, ..., & Arcelus, J. (2022). Standards of care for the health of transgender and gender diverse people, version 8. *International journal of transgender health*, 23(sup1), S1-S259.
8. Anderson, E., Eleazer, J. R., Kristensen, Z., **St. Amand, C.**, Baker, A. M., Corroero, A. N., ... & Trittshuh, E. H. (2022). Affirmative neuropsychological practice with transgender and gender diverse individuals and communities. *The Clinical Neuropsychologist*, 1-19.
9. Blasdel, G., Everhart, A., **St. Amand, C.**, Gaddis, M., & Grimstad, F. (2023). How Do Prescribing Clinicians Obtain Consent to Initiate Gender-Affirming Hormones?. *Transgender Health*, 8(6), 526-533.
10. Owens, T. K., Mizock, L., Ormerod, A. J., Nelson, A., **St. Amand, C.**, Paces-Wiles, D., & Judd, T. D. (2023). "Invisible in the Most Tragic of Ways": Exploring Internalized Transphobia and Coping Through Photovoice. *Health promotion practice*, 24(4), 682-693.
11. Jimenez, Z.A. & **St. Amand, C.** (2023). Gender embodiment surgery. In Block, A. & Sarwer, D. (Eds.). *Psychological assessment of surgical candidates: Evidence-based procedures and practices*. Washington DC: American Psychological Association.
12. Rider, G.N. & **St. Amand, C.** (2022). Youth. In Erickson-Schroth, L. (Eds). *Trans Bodies Trans Selves, Second Edition*. Cary, North Carolina: Oxford University Press.
13. Veale, J., Deutsch, M., Devor, A., Kuper, L., Motmans, J., & **St. Amand, C.** (2022). Setting a research agenda in trans health: An expert assessment of priorities and issues by trans and nonbinary researchers. *International Journal of Transgender Health*, 23(4), 392-408. DOI: 10.1080/26895269.2022.2044425
14. hastings, j., Bobb, C., Wolfe, M., Amaro, Z., & **St. Amand, C.** (2021). Medical care for nonbinary youth: Individualized gender care beyond a binary framework. *Pediatric Annals*, 50(9) e384-e390.
15. Ashely, F., **St. Amand, C.**, & Rider, G.N. (2021). The continuum of informed consent models in transgender health. *Family Practice*, 38(4). DOI: 10.1093/fampra/cmab047. PMID: 34133715.
16. Kuper, L.K., Rider, G.N., & **St. Amand, C.** (2021). Recognizing the importance of chest surgery in transmasculine youth. *Pediatrics*, 147(3) e2020029710; DOI: <https://doi.org/10.1542/peds.2020-029710>.
17. Leibowitz, S., Green, J., Massey, R., Boleware, A. M., Ehrensaft, D., Francis, W., **Keo-Meier, C.** ... & WPATH, USPATH, and EPATH Executive Committee and Board of Directors. (2020). Statement in response to calls for banning evidence-based supportive

- health interventions for transgender and gender diverse youth. *International Journal of Transgender Health*, 21(1), 111-112.
18. Rider, G.N., Berg, D., Pardo, S. T., Olson-Kennedy, J., Sharp, C., Tran, K. M., ... & **Keo-Meier, C. L.** (2019). Using the Child Behavior Checklist (CBCL) with transgender/gender nonconforming children and adolescents. *Clinical Practice in Pediatric Psychology*, 7(3), 291.
 19. Levant, R., Alto, K., McKelvey, D., Pardo, S., Jadaszewski, S., Richmond, K., **Keo-Meier, C.**, & Gerdes, Z. (2019). Development, variance composition, measurement invariance across five gender groups, and validity of the Health Behavior Inventory-Short Form. *Psychology of Men & Masculinities*.
 20. Ehrensaft, D., **Keo-Meier, C.**, & Yuen, J. (2019). Transition considerations for transgender patients. In Lyons, S. & Hillard, M. (Eds.). *Transitioning from Pediatric to Adult Care in Endocrinology* (pp. 195-219). Springer, Cham.
 21. Levant, R., Jadaszewski, S., Alto, K., Richmond, K., Pardo, S., **Keo-Meier, C.**, & Gerdes, Z. (2019) Moderation and mediation of the relationships between masculinity ideology and health status. *Health Psychology*, 38, 162-171.
 22. **Keo-Meier, C.** & Ehrensaft, D. (Eds.) (2018). *The gender affirmative model: An interdisciplinary approach to supporting transgender and gender expansive children*. Washington, DC: American Psychological Association.
 23. Ehrensaft, D., Giammattei, S., Storck, K., Tishelman, A., & **Keo-Meier, C.** (2018). Prepubertal social transitions: What we know, what we can learn- A view from a gender affirmative lens. *International Journal of Transgenderism*, 19(2), 251-268. DOI: 10.1080/15532739.2017.1414649
 24. dickey, I. & **Keo-Meier, C.** (2018). Gender minority health: Affirmative care for the community. In Smalley, K.B., Warren, J.C., & Barefoot, K.N. (Eds.), *LGBT health: Meeting the health needs of gender and sexual minorities* (pp 247-268). New York, NY: Springer Publishing Company
 25. **Keo-Meier, C.**, Ducheny, K., & Hendricks, M. (2018). Identity and support letters. In Kauth, M. & Shipherd, J. (Eds). *Adult transgender care: An interdisciplinary approach for mental health professionals* (pp 175-184). New York, NY: Routledge Books.
 26. Katz-Wise, S., Williams, D., **Keo-Meier, C.**, Budge, S., Pardo, S., & Sharp, C. (2017). Longitudinal associations of sexual fluidity and health in transgender men and cisgender women and men. *Psychology of Sexual Orientation and Gender Identity*, 4, 460-471. <http://dx.doi.org/10.1037/sgd0000246>
 27. **Keo-Meier, C.** & Fitzgerald, K. (2016). Affirmative psychological testing and neurocognitive assessment with transgender adults. *Psychiatric Clinics*, 40, 51-64.
 28. **Keo-Meier, C.** & Keo-Meier, B. (2016). Gender Affirmative Supportive Surgery Evaluation Tool (ASSET): A practical and collaborative approach. [Assessment Instrument]. Publisher: Author.
 29. Anhalt, K., Sprott, R., Magalhaes, C., **Keo-Meier, C.**, Rosenbaum, L., & Varjas, K. (2016). The resolution on gender and sexual orientation diversity in children and adolescents in schools: An illustration of psychology's commitment to all students. *Psychology of Sexual Orientation and Gender Diversity*, 3, 448-452.
 30. Ducheny, K., Hendricks, M., & **Keo-Meier, C.** (2016). Transgender and gender non-conforming affirmative interdisciplinary collaborative care consultation. In Singh, A.

& dickey, I. (Eds.) *Affirmative Counseling and Psychological Practice with Transgender and Gender Nonconforming Clients*. Washington, DC: American Psychological Association.

31. Lindsay, J.A., **Keo-Meier, C.**, Hudson, S., Walder, A., Martin, L.A., Kauth, M.R. (2016). Mental health of transgender veterans of the Iraq and Afghanistan conflicts who experienced military sexual trauma. *Journal of Traumatic Stress*. doi: 10.1002/jts.22146
32. Katz-Wise, S., Reisner, S., White, J., & **Keo-Meier, C.** (2016). Differences in sexual orientation diversity and sexual fluidity in attractions among gender minority adults in Massachusetts. *The Journal of Sex Research*, 53, 74-84. DOI: 10.1080/00224499.2014.1003028.
33. Shipherd, J.C., Kauth, M.R., Firek, A.F., Garcia, R., Mejia, S., Laski, S.J., Walden, B., Perez-Padilla, S., Lindsay, J.A., Brown, G., Roybal, L., **Keo-Meier, C.**, Knapp, H., Johnson, L., Reese, R.L., & Byne, W. (2016). Interdisciplinary transgender veteran care: Development of a core curriculum for VHA Providers. *Transgender Health*, 1, 54-62.
34. Substance Abuse and Mental Health Services Administration, Ending Conversion Therapy: Supporting and Affirming LGBTQ Youth. HHS Publication No. (SMA) 15-4928. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2015.
35. Reisner, S.L., Pardo, S.T., Gamarel, K.E., White, J.M., Pardee, D., & **Keo-Meier, C.** (2015). Experiences of stigma in healthcare among U.S. trans masculine adults: A gender minority stress model of substance use to cope with mistreatment. *LGBT Health*. doi:10.1089/lgbt.2015.0001.
36. **Keo-Meier, C.**, Herman, L., Reisner, S.L., Pardo, S., Sharp, C., & Babcock, J. (2015). Testosterone treatment and MMPI-2 improvement in transgender men: A prospective controlled study. *Journal of Consulting and Clinical Psychology*, 83, 143-156. doi: 10.1037/a0037599.
37. Labuski, C. & **Keo-Meier, C.** (2015). The (mis)measure of trans. *Transgender Studies Quarterly*, 2, 13-33, doi:10.1215/23289252-2848868.
38. National Association of School Psychologists. (2014). Safe schools for transgender & gender diverse students. Bethesda: MD: Author. Retrieved from https://www.nasponline.org/assets/Documents/Research%20and%20Policy/Position%20Statements/Transgender_PositionStatement.pdf
39. American Psychological Association & National Association of School Psychologists. (2015). *Resolution on gender and sexual orientation diversity in children and adolescents in schools*. In Council Policy Manual: Chapter XII. Public Interest. Author. Retrieved from <http://www.apa.org/about/policy/orientation-diversity.aspx>
40. **Keo-Meier, C.**, & Hicks, L. (2014). Youth. In Erickson-Schroth, L. (Eds). *Trans Bodies Trans Selves*. Cary, North Carolina: Oxford University Press.
41. Davis, S., & **St. Amand, C.** (2014). Effects of testosterone treatment and chest reconstruction surgery on mental health in female-to-male transgender people. *International Journal of Sexual Health*, 26, DOI: 10.1080/19317611.2013.833152.
42. Kauth, M., **Meier, C.**, & Latini, D. (2014). A review of sexual health among lesbian, gay, and bisexual veterans. *Current Sexual Health Reports*. doi10.1007/s11930-014-0018-6

43. Case, K., & **Meier, S.C.** (2014). Developing allies to transgender and gender non-conforming youth: Training for counselors and educators. *Journal of LGBT Youth*, 11, 62-82.
44. American Psychological Association. (2013). Fact Sheet: Gender diversity and transgender identity in adolescents. Washington: DC: Project Lead.
<http://www.apadivisions.org/division-44/resources/advocacy/transgender-adolescents.pdf>
45. American Psychological Association. (2013). Fact Sheet: Gender diversity and transgender identity in children. Washington: DC: Project Lead.
<http://www.apadivisions.org/division-44/resources/advocacy/transgender-children.pdf>
46. **Meier, S.**, Sharp, C., Michonski, J., Babcock, J., & Fitzgerald, K. (2013). Romantic relationships of female-to-male trans men: A descriptive study. *International Journal of Transgenderism*, 14, 75-85.
47. **Meier, S.** & Labuski, C. (2013). The demographics of the transgender population. In Baumle, A. (Eds.) *The International Handbook on the Demography of Sexuality*. (pp. 289-327). New York, NY: Springer Press.
48. **Meier, S.C.**, Pardo, S., Labuski, C. & Babcock, J. (2013). Measures of clinical health among female-to-male transgender persons as a function of sexual orientation. *Archives of Sexual Behavior*, 42, 463-474. 10.1007/s10508-012-0052-2.
49. **St. Amand, C.**, Fitzgerald, K., Pardo, S., & Babcock, J. (2011). The effects of hormonal gender affirmation treatment on mental health in female-to-male transsexuals. *Journal of Gay and Lesbian Mental Health*, 15(3), 281-299.
50. Erich, S., Tittsworth, J., **St. Amand, C.**, & Lerman, T. (2010). Transsexuals of color: Perceptions of discrimination based on transsexual status and race/ethnicity status. *Journal of GLBT Family Studies*, 6(3), 294-314.
51. Lakshmanan, M., **Meier, S.**, Meier, R., Lakshmanan, L. (2010). Archetype of the collaborative efforts of psychotherapy and psychopharmacology in successfully treating Dissociative Identity Disorder with comorbid Bipolar Disorder. *Psychiatry (Edgemont)*, 7(7), 33-37.
52. Lijffijt, M., Moeller, F.G., Boutros, N.N., Steinberg, J.L., **Meier, S.L.**, Lane, S.D., Swann, A.C. (2009). Diminished P50, N100, and P200 auditory sensory gating in bipolar I disorder. *Psychiatry Research*, 167, 191-201.
53. Lijffijt, M., Lane, S.D., **Meier, S.L.**, Boutros, N.N., Burroughs, S., Steinberg, J.L., Moeller F.G., & Swann, A.C. (2009) P50, N100, and P200 sensory gating: Relationships with behavioral inhibition, attention, and working memory. *Psychophysiology*, 46(5), 1059-1068.

INTERNATIONAL CONFERENCE PRESENTATIONS

- Brewer, A., Kuper, L Rider, N, St. Amand, C. & Moundas, S. (September 2022). *Framework for conducting a SOC-8 informed “comprehensive biopsychosocial assessment” for adolescents: perspectives from TBN2S and adjacent clinicians*. [Presentation]. World Professional Association for Transgender Health, Virtual and In-person.
- Blasdel, G., **St. Amand, C.**, Grimstad, F., Everhart, A., & Barr, S.M. (October 2020). Trans care consent models: Enhancing consent practices in gender affirming hormone therapy. Mini Symposium presented at the 26th Scientific Symposium of the World Professional Association of Transgender Health, Virtual Conference.

- Domínguez, S., Young, E., St. **Amand, C.**, & Rider, G.N. (October 2020). Do psychologists need to “out” trans youth?: Ethical and legal issues in maintaining confidentiality with gender diverse minors. Paper presented at the 26th Scientific Symposium of the World Professional Association of Transgender Health in *'Bolstering trans youth resilience and wellbeing: Identifying successful strategies and future directions,'* Virtual Conference.
- Goldbach, C., Kuper, L., Jimenez, Z.A., Domínguez, S., & **St. Amand, C.** (October 2020). Nothing about us without us: Toward a trans-centered approach to understanding gender dysphoria. Mini Symposium presented at the 26th Scientific Symposium of the World Professional Association of Transgender Health, Virtual Conference.
- Rider, G.N., Fadich, S., Phillip, D., Blasdel, G., Crowley, N., & **St. Amand, C.** (October 2020). Touching trans bodies: The trauma informed physical exam. Mini Symposium presented at the 26th Scientific Symposium of the World Professional Association of Transgender Health, Virtual Conference.
- St. Amand, C.**, Paarmann, A., Barnett, M., & Gordon, J. (October 2020). Improving gender affirmative primary care by reducing systemic instances of misgendering. Abstract presented at the 26th Scientific Symposium of the World Professional Association of Transgender Health, Virtual Conference.
- Rider, G.N., Berg, D., & **Keo-Meier, C.** (November 2018). Child Behavior Checklist (CBCL): Which scoring template - birth assigned sex or gender identity? In G.N. Rider (Chair), *Affirmative Psychological testing with transgender and gender nonconforming individuals across the lifespan*. Mini-symposium presented at the World Professionals Association for Transgender Health Scientific Symposium, Buenos Aires, Argentina.
- Keo-Meier, C.**, & Reisner, S. (November 2018). Results from a longitudinal study of testosterone treatment and MMPI-2 scores of transgender men at 3 months, 1 year, and 5 years. Paper presented at the World Professional Association for Transgender Health Scientific Symposium, Buenos Aires, Argentina.
- Johnson, N.D.A., Vanwoerden, S., Herman, L., Sharp, C., & **Keo-Meier, C.** (November 2018). *A critical examination of the measurement of autism symptoms in a sample of transgender men using the Autism Quotient*. Poster presented at the World Professional Association for Transgender Health's Biennial Symposium in Buenos Aires, Argentina.
- Olson-Kennedy, J., Hastings, J., **Keo-Meier, C.**, & Olson-Kennedy, A. (June 2016). Beyond male and female: Approach to youth with non-binary gender identities. Paper presented at the World Professional Association for Transgender Health's Biennial Symposium in Amsterdam, The Netherlands.
- Keo-Meier, C.**, Pardo, S., Olson-Kennedy, J., & Sharp, C. (June 2016). TYFA research: Demographics of a US sample of two cohorts of gender non-conforming children. Paper presented at the World Professional Association for Transgender Health's Biennial Symposium in *Social transition and systemic clinical care of pre-pubertal transgender and gender non-conforming children in the US*, in Amsterdam, The Netherlands.
- Chang, S., **Keo-Meier, C.**, St. Claire, R., & Castro, D. (June 2016). Trans and gender non-conforming therapists: On disclosure, countertransference, and navigating dynamics of privilege and marginalization. Paper presented at the World Professional Association for Transgender Health's Biennial Symposium in Amsterdam, The Netherlands.
- Keo-Meier, C.**, Pardo, S., & Reisner, S. (October 2014). Sexual fluidity in trans men. Paper presented at the Australia and New Zealand Professional Association for Transgender

- Health's Biennial Symposium in K. Glanney (Chair) *Hot Topics* in Adelaide, South Australia, Australia.
- Keo-Meier, C.**, Herman, L., Reisner, S., Pardo, S., Sharp, C., & Babcock, J. (October 2014). The positive impact of testosterone on mental health in trans men. Paper presented at the Australia and New Zealand Professional Association for Transgender Health's Biennial Symposium in K. Glanney (Chair) *Hot Topics* in Adelaide, South Australia, Australia.
- Meier, C.**, Pardo, S., Olson, J., & Sharp, C. (February 2014). Demographics of gender nonconforming children in a non-clinical based sample in the United States. Paper presented at the World Professional Association for Transgender Health's Biennial Symposium in A. de Vries, (Chair) *Pediatrics and Adolescent Health* in Bangkok, Thailand.
- Meier, C.**, Pardo, S., & Reisner, S. (February 2014). Sexual attraction and identity in transgender men (FTMs) one year after initiating testosterone. In A. Devor, (Chair) *Current Research into Trans Masculine Life Experiences, Sexual Relationships and Health* in Bangkok, Thailand.
- Moody, C., Keo, R., **Meier, S.C.**, & Babcock, J. (June 2012). *Shifts in sexual attractions and other partner responses to FTM transitions*. Poster presented at the annual convention of the Canadian Psychological Association, Halifax, NS.
- dickey, I. M., Green, J., & **Meier, S.** (November 2011). *Sexual behaviors, health, and satisfaction of transgender men (FTMs) with and without hormonal and surgical Modifications in the African continent*. Poster presented at the Trans Health and Advocacy Conference, Cape Town, South Africa.
- Meier, S.**, Pardo, S., Labuski, C., & Babcock, J. (September 2011). Sexual orientation and clinical health outcomes among female to male transsexuals. In K. Rachlin, (Chair) *TransMasculine Sexuality & Relationships: Current Research and New Theory*. Symposium presented at The World Professional Association for Transgender Health Biennial Symposium, Atlanta, GA.
- Herman, L.I., **Meier, S.L.C.**, Sharp, C., Arrazolo, A., Lavrik, Y., Rees, M. (September 2011). *Effects of exogenous testosterone on social cognition in female-to-male transsexuals*. Poster presented at the biennial conference of the World Professional Association for Transgender Health, Atlanta, GA.
- Papp, V., & **Meier, S.** (July 2010). Gendered formant typology of selected American English dialects. Symposium presented at the annual conference of the International Association for Forensic Phonetics and Acoustics, Trier, Germany.
- Meier, S.**, Tittsworth, J., & Erich, S. (June 2009). *The relationship of perceived discrimination and family relationships with the well being of transsexuals of color*. Poster presented at the biennial conference of the World Professional Association for Transgender Health, Oslo, Norway.

RELEVANT CONFERENCE PRESENTATIONS

- Gonzalez, C., Candelario-Perez, Schofield, K., & **St. Amand, C.** (August 2024). Diagnostic and psychopharmacological considerations in the care of trans and gender diverse people. Paper presented at the annual American Psychological Association Convention, Seattle, WA.
- Kuper, L., Rider, N., **St. Amand, C.** (August 2024). Conducting assessments with transgender

- youth and families seeking medical care. Workshop presented at the annual American Psychological Association Convention, Seattle, WA. Honorarium provided.
- St. Amand, C.**, Brewer, A., Giammattei, S.V, Rider, G.N, Saucedo, A., & Kuper, L (November 2023). Conducting an SOC8-informed “comprehensive biopsychosocial assessment” for adolescents in the current politicized environment: Perspectives from TNB2S and adjacent clinicians [Presentation]. United States Professional Association for Transgender Health, Virtual and In-person.
- Dominguez, S., Fetcher-Legett, M. Moundas, S., St. Amand, C. and Watters, D. (August 2022). *Both/and: Holding therapeutic space for joy and trauma within trans communities*. [Presentation]. American Psychological Association. Virtual and In-person.
- Erbs, N. & **St. Amand, C.** (October 2021) Reproductive planning and prenatal care for gender diverse individuals. Invited presentation at the Mayo Clinic Principles in the Care of Transgender and Intersex Patients Annual Course, Virtual Conference.
- Ejiogu, N., Grimstad, F., Kim, E. & **St. Amand, C.** (September 2021). People, parts and progress: How to navigate the evolving landscape of intersex care as clinicians. Paper presented at the Gay and Lesbian Medical Association Conference, Virtual Conference.
- St. Amand, C.**, Pardo, S., Sharp, C., Olson-Kennedy, J., & Rider, G.N. (October 2020). Developmental milestones for a national sample of transgender children and adolescents. Paper presented at the 21st Annual Mayo Clinic Family Medicine Research Forum, Virtual Conference.
- St. Amand, C.** (September 2020). Understanding and preventing suicide in transgender communities. Invited presentation for the Annual Suicide Conference: Mississippi Department of Mental Health, Virtual Conference. Honorarium provided.
- Keo-Meier, C.** & Gordon, J. (March 2020). Queering it up y’all: The development of an LGBTQI+ health clinical elective by queer and trans medical students in Texas. Paper presented at the Society of Teachers of Family Medicine, Portland, OR.
- Paarmann, A., Barnett, M., & **Keo-Meier, C.** (January 2020). Improving gender affirmative primary care by reducing systemic instances of misgendering. Paper presented at the Gender, Sex, and Sandwiches meeting of the regional Society for the Scientific Study of Sexuality, Houston, TX.
- Blasdel, G., Berrien, L., Henderson, B., **Keo-Meier, C.**, & Bluebond-Langner, R. (September 2019). Phalloplasty and metoidioplasty: Real talk from intracommunity facilitators and clinicians. Paper presented at the United States Professional Association for Transgender Health, Washington, DC.
- Dalke, K., Eckstrand, K., Faeder, M., & **Keo-Meier, C.** (September 2019). Ethical, person-centered care for transgender adults with severe mental illness. Paper presented at the United States Professional Association for Transgender Health, Washington, DC.
- Levant, R. F., Richmond, K., Jadaszewski, S., Alto, K., Pardo, S., **Keo-Meier, C.**, & Gerdes, Z (August 2018). The relationships between gender ideologies, outcome expectations, health behaviors and health. Paper presented in R. F. Levant (Chair), Gender, health and the psychology of men and masculinities. Symposium conducted at the meeting of the American Psychological Association, San Francisco, CA.
- Keo-Meier, C.** (November 2017). Incorporating the gender affirmative model into your practice with transgender clients. Invited keynote presentation for the inaugural professional

- conference Out In West Texas: A Symposium on Professional Competencies for Serving Transgender Clients in Midland-Odessa, TX. Honorarium provided.
- Keo-Meier, C.** (June 2017). Gender affirmative care: Working with transgender and gender creative young people. Invited presentation for the 66th Annual Conference on Advances in Pediatrics in Galveston, TX.
- Keo-Meier, C., & Keo-Meier, B.** (May 2017). Centering love: Partnerships in Transition. Invited presentation for the Annual Contemporary Relationships Conference in Houston, TX.
- Keo-Meier, C.** (November 2016). Transgender care: What psychologists need to know. Invited presentation for the Texas Psychological Association's Annual Meeting in Austin, TX.
- Keo-Meier, C.** (April 2016). Safe schools for transgender and gender diverse students. Invited presentation for the Maryland School Psychologists' Association meeting in Hanover, MD. Honorarium provided.
- Davidson, J., & **Keo-Meier, C.** (February 2016). Working with transgender youth in our schools. Invited presentation for the National Association of School Psychologists Annual Convention in New Orleans, LA. Honorarium provided.
- Feldmann, J., Lau, M., & **Keo-Meier, C.** (October 2015). Transgender 101: Gender development and supportive care for gender non-conforming youth. Paper to be presented at the Texas Pediatric Society Annual Meeting in Sugar Land, TX.
- Keo-Meier, C.** (September 2015). Testosterone treatment and MMPI-2 improvement in transgender men: A prospective controlled study. Paper presented at the Gay and Lesbian Medical Association Annual Conference in Portland, OR.
- Cox, V. & **Keo-Meier, C.** (September 2015). Healthcare utilization among transgender adults: A community sample. Paper presented at the Gay and Lesbian Medical Association Annual Conference in Portland, OR.
- Testa, R., & **Keo-Meier, C.** (June 2015). Preventing suicide in transgender and gender non-conforming clients. Paper to be presented at the Philadelphia Transgender Health Conference in Philadelphia, PA.
- Keo-Meier, C., Olson, J., Pardo, S., & Sharp, C.** (June 2015). Results from the TransYouth Family Allies (TYFA) research study of parents of transyouth. Paper presented at the Philadelphia Transgender Health Conference in Philadelphia, PA.
- Jadaszewski, S., Levant, F., Pardo, S. T., **Keo-Meier, C.,** Alto, K., & Richmond, K. (March 2015). *How does our understanding of gender identity development affect research with trans and cisgender populations?* Paper presented at the Undergraduate and Graduate Conference of the Committee for Research on Women & Gender in Akron, OH.
- Reisner, S., Pardo, S., Gamarel, K., White, J., Pardee, D., & **Meier, C.** (November 2014). Experiences of stigma in healthcare among U.S. trans masculine adults: A gender minority stress model of substance use to cope with mistreatment. Paper presented at the 142nd American Public Health Association's Annual Meeting and Exposition in New Orleans, LA.
- Meier, C. & Case, K.** (August 2014). Developing allies to gender variant youth among educators and parents. Paper presented at the American Psychological Association's Annual Convention in C. Smith, (Chair) *Trans-gressing Gender as Parents and Youth* in Washington DC.
- Wilson, M. & **Meier, C.** (August 2014). Transgender fellows in VA: The inaugural year of specialized LGBTQ training. Paper presented at the American Psychological

- Association's Annual Convention in J. Eleazar and **C. Meier**, (Co-chairs) *Mental Health Policy and Access-to-Care for Transgender Service Members and Veterans* in Washington DC.
- Meier, C.** (August 2014). Considerations for taking affirming sexual health histories for all Veterans. Paper presented at the American Psychological Association's Annual Convention G. Beaulieu, (Chair) *Veterans and Sexuality: Psychosocial Stressors, Trauma, LGBT Cultural Considerations and Clinician Barriers* in Washington DC.
- Banks, R. & **Meier, C.** (June 2014). Using simulation to facilitate cultural sensitivity in the Transgender population. Paper accepted for presentation at the International Nursing Simulation/Learning Resource Centers Conference in Orlando, FL.
- Testa, R. & **Meier, S.C.** (August 2013). Developing protocols for working with transgender and gender non-conforming children and adolescents. Paper presented at the American Psychological Association's Annual Convention in T. Burnes, (Chair) *Developmental Approaches in Transpositive Psychology: Interventions Across the Lifespan* in Honolulu, HI.
- Meier, S.C.** (July 2013). Helping transgender students thrive on college campuses: A comprehensive approach. Paper presented at the Texas Transgender Non-Discrimination Summit in Houston, TX.
- Meier, S.C.,** Pardo, S., Reisner, S.L., & Herman, L. (May 2013). Shifts in sexual attractions in transitioning FTM trans men: Evidence from recalled cross-sectional and prospective longitudinal studies. Paper presented at the National Transgender Health Summit in Oakland, CA.
- Meier, S.C.,** Reisner, S.L., Pardo, S., & Herman (May 2013). Testosterone treatment in trans men leads to MMPI-2 improvements. Paper presented at the National Transgender Health Summit in Oakland, CA.
- Davis, S. & **Meier, S.C.** (May 2013). Effects of testosterone treatment and chest reconstruction surgery on mental health and sexuality in female-to-male transgender people. Paper presented at the National Transgender Health Summit in Oakland, CA.
- Sharon, N., Pula, J., Keo, B. & **Meier, S.C.** (May 2013). Clinical training issues. Panel participant at the National Transgender Health Summit in Oakland, CA.
- Meier, S.C.** (April 2013). Culturally competent practice with gender diverse clients. Training provided at the annual Texas Tech University Behind the Perspective: Advocacy, Social Justice, & the Cultural Dimensions of Mental Health Conference in Lubbock, TX.
- Meier, S.C.** (October 2012). Serving transgender and gender diverse students in schools. Invited Workshop presented at the Texas Association of School Psychologists Annual Conference in Houston, TX. Honorarium provided.
- Meier, S.C.** (August 2012). Developing and implementing possibilities for transgender youth: A Texas based initiative. Paper presented at the American Psychological Association Annual Convention.
- Meier, S.C. & Weaver, L.** (July 2012). Advocating for your healthcare solutions. Invited session presented at the First Annual Texas Transgender Health Summit. Houston, TX.
- Meier, S.C.** (June 2012). Considerations for counseling transgender individuals. Invited session presented at the summer workshop for the Texas Counseling Association. San Antonio, TX. Honorarium provided.

- dickey, I. M., & **Meier, S.** (June 2012). Sex: What FTMs enjoy! Paper presented at the 44th annual conference of the American Association for Sexuality Educators, Counselors, and Therapists in Austin, TX.
- Meier, S.** (February 2012). Working with transgender and gender non-conforming students in schools. Invited Documented Session presented at the National Association of School Psychologists Annual Convention. Honorarium provided.
- Keo, R. & **Meier, S.** (November 2011). Experiences of romantic partners who remain with a transgender man (FTM) throughout transition. In **S. Meier** (Chair) *Sexual Orientations, Health, and Behaviors in the Transgender Community*. Symposium presented at the Annual Meeting of the Society for the Scientific Study of Sexuality.
- Meier, S.** & Herman, L. (November 2011). The impact of transition on the sexual orientation and sexual orientation identity of transgender men (FTMs). In **S. Meier** (Chair) *Sexual Orientations, Health, and Behaviors in the Transgender Community*. Symposium presented at the Annual Meeting of the Society for the Scientific Study of Sexuality.
- Meier, S.** (August, 2011). The effects of hormone therapy on the mental health of female-to-male transgender people. In M. Hendricks, (Chair) *Co-occurring mental health concerns in the transgender community*. Symposium presented at the annual conference of the American Psychological Association, Washington DC.
- Meier, S.,** & St. Amand, P. (November, 2010). Psychological and medical treatment of the transgender client. Symposium presented at the annual conference of the Texas Psychological Association, Dallas, TX.
- Meier, S.,** Green, J., dickey, I., & Greatheart, M. (November, 2010). Sexual behaviors, health, and satisfaction of transgender men (FTMs) with and without hormonal and surgical modifications: Preliminary results. In T. Lostutter, (Chair) *Sexual Health and Functioning: Using Data to Inform Cognitive Behavioral Treatments*. Symposium presented at the annual conference of the Association of Behavioral and Cognitive Therapies, San Francisco, CA.
- Meier, S.** (August, 2010). Predicting problematic substance use in female-to-male transsexuals. In M. Vaughan (Chair) *Predictors of Substance Use and Misuse in LGBTQ Populations*. Symposium presented at the annual conference of the American Psychological Association, San Diego, CA.
- Meier, S.,** & Pardo, S. (February, 2010). The effects of hormonal gender affirmation treatment on mental health in female to male transsexuals. Symposium presented at the New York University: In Translation: Clinical Dialogues Spanning the Transgender Spectrum Conference, New York, NY.
- Meier, S.** & Hughes, L. (February, 2010). Sexual orientation and the impact of stealth status on quality of life in transmen. Symposium presented at the University of Texas Women's and Gender Studies Annual Graduate Student Conference, Austin, TX.
- McLaughlin, R., Sharp, R., **Meier, S.,** & Black, C. (November, 2009) Gender-variant children in families and schools: The psychologist's roles. Symposium presented at the Texas Psychological Association Annual Convention, Houston, TX.
- Meier, S.,** Winters, M., Meier, R., & McLaughlin, R. (November, 2009) Creating welcoming environments for clients who are different from you. Texas Psychological Association Annual Convention, Houston, TX.

- Muenke, R., Maril, V., Long, S., Mollen, D. & **Meier, S.** (November, 2008). Creating welcoming environments for the GLBT community: Aspiration to action. Symposium presented at the Texas Psychological Association Annual Convention, Austin, TX.
- Meier, R., **Meier, S.**, Albin, D., & Weigle, D. (November, 2008). Helping Traditional Texas Parents Understand GLBT Children. Symposium presented at the Texas Psychological Association Annual Convention, Austin, TX.
- Weigle, D., Albin, D., Holt, R., Elbel, J., Winters, M. & **Meier, S.** (November, 2007) Ethical practice with GLBT populations: Choices, reasons, and values. Symposium presented at the Texas Psychological Association Annual Convention, San Antonio, TX.
- Tittsworth, J. & **Meier, S.** (November, 2007) The 'T' word: Embracing the 'T' in diversity. Symposium presented at the University of Houston-Clear Lake Student Leadership Conference Houston, TX.

POSTER PRESENTATIONS

- St. Amand, C.**, Paarmann, A., Barnett, M., & Gordon, J. (October 2020). Improving gender affirmative primary care by reducing systemic instances of misgendering. Poster presented at the 21st Annual Mayo Clinic Family Medicine Research Forum, Virtual Conference.
- Keo-Meier, C.** & Gordon, J. (March, 2019). Improving gender affirmative primary care by reducing systemic instances of misgendering. Poster presented at the Annual Internal Medicine Quality and Research Forum in Galveston, TX.
- Rogers H.K., **Keo-Meier C.**, Ossenkop C., & Patel, P. (September, 2018) *LGBTQI+ health training in interprofessional medical training*. Poster presented at the Annual One Health Conference in Houston, TX and the UTMB Hector P. Garcia Cultural Competence Poster Competition in Galveston, TX (first place).
- Keo-Meier, C.**, Tran, K., Barclay, J., Pardo, S., Sharp, C., & Olson-Kennedy, J. (June, 2017) *Demographics of gender diverse children by parent report: A collaboration with TransYouth Family Allies*. Poster presented at the Medical Student Summer Research Project (MSSRP) Research Poster Session in Galveston, TX.
- Keo-Meier, C.**, Paredes, Y., Calvetti, S., Dumas, S., Rexti, V., Tran, K., Vanegas, I., & Sharp, C. (September, 2015). *Sexual fluidity in transgender men*. Poster presented at the Gay and Lesbian Medical Association Annual Conference in Portland, OR.
- Jadaszewski, S., Pardo, S. T., **Keo-Meier, C.**, Alto, K., & Levant, R. (August, 2015). *The relationship between gender ideologies and health behaviors of transgender and cisgender persons*. Poster presented at the Annual Convention of the American Psychological Association, Toronto, Canada.
- Meier, S.**, Herman, L., Banks, J., Rees, M., Cruz, A. Babcock, J. (November, 2011). *The short-term effects of testosterone on personality in transgender men*. Poster presented at the annual conference of the Texas Psychological Association.
- Meier, S.**, Fitzgerald, K., Kini, S., Hill, A., Pardee, A. (November, 2011). *Shifts in religious preferences in transgender men*. Poster presented at the annual conference of the Texas Psychological Association.
- Herman, L.I., **Meier, S.**, Sharp, C., Banks, J., York, K., & Beebe, M. (November, 2011). *The short-term and long-term effects of exogenous testosterone on social cognition in*

- female-to-male transsexuals*. Poster presented at the annual conference of the Association of Behavioral and Cognitive Therapies, Toronto, Canada.
- Meier, S.,** Kini, S., Herman, L., Cruz, A., Paredes, Y., Babcock, J.C. (November, 2011). *Long term follow-up of hormone therapy on the mental health of transgender men*. Poster presented at the annual conference of the Association of Behavioral and Cognitive Therapies, Toronto, Canada.
- Meier, S.,** Herman, L., Teo, I., Hughes, L., Nguyen, T., Acas, M. (November, 2010). *The short-term effects of testosterone on emotional reactivity in FTMs*. Poster presented at the annual conference of the Texas Psychological Association, Dallas, TX.
- Meier, S.,** Jimenez, E., Fitzgerald, K., Carnew, M., Labuzan, E., & Aulakh, A. (November, 2010). *Family social support and quality of life in FTM transsexuals*. Poster presented at the annual conference of the Texas Psychological Association, Dallas, TX.
- Fitzgerald, K., **Meier, S.,** Hughes, L., Teo, I., Nguyen, C., Carnew, M. (November, 2010). *Religiosity in the female to male transgender community*. Poster presented at the annual conference of the Association of Behavioral and Cognitive Therapies, San Francisco, CA.
- Meier, S.,** Keo, R., Harik, L., Acas, M., Nguyen, S., & Borinaga, E. (November, 2010). *Can a romantic relationship survive a gender transition? Examining the romantic relationships of female to male (FTM) Trans Men*. Poster presented at the annual conference of the Association of Behavioral and Cognitive Therapies, San Francisco.
- Meier, S. & Hughes, L.** (April, 2010). *Investigating the role of parenting in the female to male transgender individuals*. Poster presented at the annual conference of the South Western Psychological Association, Dallas, TX.
- Meier, S. & Fitzgerald, K.** (November, 2009). *The effects of hormonal gender affirmation treatment on mental health in female to male transsexuals*. Poster presented at the annual conference of the Association of Behavioral and Cognitive Therapies, New York, NY.
- Meier, S. & Babcock, J.** (November, 2009). *Examining DSM-IV-TR sexual orientation subtypes for the FTM transsexual population*. Poster presented at the annual conference of the Texas Psychological Association, Houston, TX.

GRANTS, SCHOLARSHIPS, AND AWARDS

- Distinguished Contribution to the Science of Family Medicine, Resident Researcher Award, Mayo Clinic Department of Family Medicine, Spring 2023
- Circle of Excellence Award, Contemporary Relationships Conference, Spring 2023
- Distinguished Contribution to Public Policy, Society for the Psychology of Sexual Orientation and Gender Diversity, the 44th Division of the American Psychological Association, Summer 2022
- Best Poster, Family Medicine Department Research Forum, Mayo Clinic, Fall 2021
- Best Poster, Family Medicine Department Research Forum, Mayo Clinic, Fall 2020
- Ed F. Bayouth, MD and Glenn C. Coates, MD Memorial Award UTMB School of Medicine, Spring 2020
- John Bruhn PhD Leadership Award UTMB School of Medicine Spring 2020
- Gold-Headed Cane Award Finalist at UTMB, Spring 2020
- Excellence in Public Health Award from the U.S. Public Health Service Physician Professional Advisory Committee, Spring 2019
- Poster Award Finalist Innovation in Health Science Education Annual Conference, Spring 2019

- University of Texas Medical Branch McGovern Chapter of the Gold Humanism Honor Society, Inducted Spring 2019
- Best Poster Hector P. Garcia Cultural Competence Poster Competition Fall 2018
- University of Texas Medical Branch John P. McGovern Student Award in Oslerian Medicine, Fall 2017 (\$30,000 over 3 years)
- Crisis Intervention Honoree, recognized at the Stewards of Hope Annual Luncheon for life saving work with the LGBTQ community in the Houston area, Spring 2017
- Selected to participate in the Student Continuity Of Practice Experience (SCOPE) Program at UTMB, Fall 2016
- World Professional Association for Transgender Health (WPATH) Travel Award, Spring 2014 and Spring 2017 (\$300)
- University of Houston Small Grants Program, Spring 2014 (\$3,000)
- Blanche Espy Chenoweth Graduate Fellowship, Spring 2012 (\$2,500)
- Matthew W. Scholarship Award for FTM Research, Summer 2012 (\$200)
- Distinguished Student Contributions Award, Society for the Psychology of Sexual Orientation and Gender Diversity, the 44th Division of the American Psychological Association, Summer 2012
- American Psychological Association of Graduate Students Committee on Lesbian, Gay, Bisexual, and Transgender Concerns (APAGS-CLGBTC) Grant, Summer 2011 (\$1,000)
- University of Houston Small Grants Program, Spring 2011 (\$3,000)
- Houston Psychological Association Speaker's Award, Summer 2011
- College of Liberal Arts and Sciences Graduate Scholarship, Summer 2010 (\$500)
- Association of Behavioral and Cognitive Therapies LGBT Special Interest Group Student Research Award, Fall 2010 (\$150)
- Texas Psychological Foundation Graduate Student Research Award, Fall 2008 (\$1,000)
- Houston Transgender Unity Committee Peggy Rudd Scholarship, Spring 2007 (\$2,000)
- University of Houston Graduate Assistant Teaching Fellowship, 2007-2012
- University of Houston Travel Awards, 2007-2013 (\$4,000)
- Parents, Families, and Friends of Lesbians and Gays/HATCH Scholarship Fall 2007 (\$10,000)
- Rice University Brelsford Award Undergraduate Psychology Department Service Award

EDITORIAL EXPERIENCE

Ad hoc Reviewer

Psychology of Sexual Orientation and Gender Diversity; Journal of Sexual Medicine; International Journal of Sexual Health; Feminism and Psychology; Journal of Gay & Lesbian Mental Health; Journal of Bisexuality, Journal of Homosexuality; Transgender Health; LGBT Health; Sexual Literacy: Sexuality in Human Nature, Culture and Society

CURRICULUM DEVELOPMENT AND TEACHING EXPERIENCE

Assistant Professor

August 2014 – Present

University of Houston, Department of Psychology

PSYC 2306: Psychology of Human Sexuality

Instruct 100 undergraduate students per semester, teach fall and spring semesters.

Course Development

August 2018- 2020

University of Texas Medical Branch School of Medicine
LGBTQIA+ Health Elective

Developed and implemented medical student elective. Coordinated several learning opportunities including with UTMB TDCJ gender clinic, Legacy Health LGBTQIA+ teen and adult gender clinics, and Dr. Julia Kovacs Internal Medicine outpatient clinic.

Course Director

August 2015 – 2023

Baylor College of Medicine Menninger Department of Psychiatry and Behavioral Sciences
Gender and Sexual Health Elective

Instruct third year psychiatry residents as part of their curriculum in the spring semester annually. Developed and implemented course. Created syllabus and lectures. Coordinate guest lecturers.

Adjunct Instructor

August 2014 – 2018

Southern Methodist University Department of Dispute Resolution and Counseling
HDCN 6356: Affirmative Therapy with Transgender Clients

Instruct graduate students in the Masters in Counseling Program as part of LGBT Certificate Program. Developed and implemented course. Created syllabus, lectures, and exams. Coordinated guest lecturers.

Co-Instructor

May 2014 – May 2015

Baylor College of Medicine
Human Sexuality Elective

Instructed 30 first year medical students in a bimonthly elective.

Teaching Fellow

June 2009 – May 2012

University of Houston, Department of Psychology
PSYC 3337: Psychology of Human Sexuality

Instructed 700 undergraduate students over 9 semesters in 13 sections. Developed and implemented course. Created and administered lectures, quizzes, and exams. Coordinated guest lecturers.

Research Mentor

August 2009 – May 2010

Physician Assistant Program, Baylor College of Medicine

Mentored physician assistant student through master's thesis project using my thesis data on the impact of social support on the quality of life of female-to-male transgender men. Conducted statistical analyses and provided feedback on student's manuscript. Assisted the student in preparation of a manuscript to submit to a peer reviewed journal for publication.

Teaching Assistant

August 2007 – May 2009

Department of Psychology, University of Houston

PSYC 4321 Abnormal Psychology; PSYC 3331 Psychology of Gender; PSYC 3325 Personality

RELEVANT INVITED LECTURES

- St. Amand, C. (Summer 2024). *LGBTQ+ Health and health care disparities*. Invited lecture to New York State Department of Health, Virtual presentation.
- Oberman-Eaton, S., Erbs, N., & **St. Amand, C.** (Summer 2022). *Pregnancy and postpartum care for transgender, nonbinary & intersex people*. Grand Rounds given to UT Health San Antonio, Department of Family and Community Medicine.
- St. Amand, C.** (Spring 2022). *Trans youth in crisis in the ED*. Invited lecture to Child and Adolescent Psychiatry fellows and faculty at Mayo Clinic, Rochester, MN.
- St. Amand, C.** (Spring 2021). *Gender care: Nonbinary youth*. State of the Art Education Series Presentation to the Pediatric Endocrine Society. Hosted Online.
- St. Amand, C. & St. Amand, P.** (Spring 2020). *Dermatological considerations for care of the transgender patient*. Grand Rounds presented to the Dermatology Department of the University of Texas Medical Branch, Galveston, TX.
- St. Amand, C. & St. Amand, P.** (Spring 2020). *Gender care: The role of the OB/GYN*. Grand Rounds presented to the OB/GYN Department of Baylor College of Medicine, Houston, TX.
- Keo-Meier, C.** (Fall 2019). *Do no harm: Transgender cadavers in medical education*. Invited presentation given to first year medical students at the University of Texas Medical Branch, Galveston, TX.
- Gordon, J. & **Keo-Meier, C.** (Spring 2019). *Transgender Care in Family Medicine*. Invited presentation given to Family Medicine Faculty at the University of Texas Medical Branch, Galveston, TX.
- Keo-Meier, C. & Gordon, J.** (Fall 2018). *Transgender Care in Family Medicine*. Invited presentation given to Family Medicine Residents at the University of Texas Medical Branch, Galveston, TX.
- Keo-Meier, C.** (Fall 2018). *Transgender Health Care*. Invited presentation given to 1st year PA students at the University of Texas Medical Branch, Galveston, TX.
- Keo-Meier, C.** (Fall 2018). *Psychological care of transgender individuals*. Invited presentation given to Pediatrics Residents at the University of Texas Medical Branch, Galveston, TX.
- Keo-Meier, C.** (Spring 2018). *The mental health of transgender individuals*. Invited presentation given to Psychiatry Residents at the University of Texas Medical Branch, Galveston, TX.
- Keo-Meier, C.** (Spring 2018). *Medical care for transgender patients: An introduction*. Invited presentation given to Family Medicine Residents at Memorial Hermann, Sugar Land, TX.
- Roe, D. & **Keo-Meier, C.** (Spring 2017). *Creating a welcoming environment for transgender patients*. Invited presentation given to front line staff, medical assistants, and nurses in the Family Medicine clinic at the University of Texas Medical Branch, Galveston, TX.
- Welch, K. & **Keo-Meier, C.** (Fall 2017). *Transgender Medical Care*. Invited presentation given to Family Medicine Residents at the University of Texas Medical Branch, Galveston, TX.
- Keo-Meier, C.** (Spring 2017). *Understanding transgender people*. National Aeronautics and Space Administration (NASA) presented to the Out and Allied group, Houston, TX. Honorarium received.
- Keo-Meier, C.** (Spring 2017). *Making a way: A gender journey*. Presented at the Jung Center. Houston, TX. Honorarium received.
- Keo-Meier, C.** (Spring 2017). *Gender affirmative care: Working with transgender and gender creative young people*. Grand Rounds presented to the Pediatrics Department of the University of Texas Medical Branch, Galveston, TX.

- Keo-Meier, C.** (Spring 2017). *Transgender youth in schools*. St. Agnes Academy, invited presentation to entire faculty and staff. Houston, TX.
- Keo-Meier, C.** (Spring 2017). *Considerations for counseling transgender clients*. Lamar University, invited presentation to Psychology Predoctoral Interns at University of Texas Houston. Houston, TX.
- St. Amand, P. & Keo-Meier, C.** (Fall 2016). *Transgender health*. Invited presentation given at the annual convention of the 2016 District XI and Texas Association of Obstetrics and Gynecology, The Woodlands, TX. Honorarium received.
- Keo-Meier, C.** (Fall 2016). *Transgender care: What psychologists need to know*. Invited presentation given at the annual convention of the Texas Psychological Association. Austin, TX. Honorarium received.
- Keo-Meier, C. & St. Amand, P.** (Fall 2016). *Treating transgender patients*. Grand Rounds presented to the OB/GYN Department of the University of Texas Medical Branch, Galveston, TX.
- Keo-Meier, C.** (Summer 2016). *Considerations for working with transgender clients*. Invited presentation given to behavioral health counselors at the Harris Center for Mental Health and IDD, Houston, TX.
- Keo-Meier, C. & Keo-Meier, B.** (Spring 2016). *Working with transgender and gender diverse clients*. Invited presentation to social workers in the Family Medicine Department of the University of Texas Medical Branch, Galveston, TX.
- Keo-Meier, C.** (Spring 2016). *Considerations for counseling transgender clients*. Lamar University, invited presentation to Psychology Department. Port Arthur, TX.
- Keo-Meier, C.** (Spring 2016). *Considerations for counseling transgender clients*. Lamar University, invited presentation to Psychology Predoctoral Interns at University of Texas Houston. Houston, TX.
- Keo-Meier, C.** (Fall 2015). *Transgender care: What providers need to know*. Covenant Health, invited CME presentation to hospital physicians. Lubbock, TX.
- Keo-Meier, C.** (Fall 2015). *Transgender University Students in Housing*. Texas Tech University invited presentation to housing staff. Lubbock, TX.
- Keo-Meier, C.** (Fall 2015). *Gender affirmative care: Working with transgender and gender creative young people*. Pediatric Society Grand Rounds presented at Texas Children's Hospital, Houston, TX.
- Keo-Meier, C.** (Fall 2015). *Transgender health*. Presented at Harris Health monthly Faculty Development at Ben Taub Hospital, Houston, TX.
- Keo-Meier, C., Esguerra, E., & Abdias, A.** (Fall 2015). *LGBT sensitivity: Improving the quality of life of our residents*. Presented at the annual Greater Sabine Area Activities Directors and Social Worker Association workshop, Beaumont, TX.
- Keo-Meier, C. & St. Amand, P.** (Spring 2015). *Transgender sexual and reproductive health*. Presented at OUT for Health: LGBTQ & Ally Healthcare Summit at UT-Houston Medical School, Houston, TX.
- Meier, C. & Weaver, L.** (Spring 2014). *Transgender 101*. Presented at the Jung Center. Houston, TX. Honorarium received.
- Meier, C.** (Spring 2014). *Providing culturally competent transgender healthcare*. Presented at the School of Rural Public Health at Texas A&M University during Social Justice Week, College Station, TX.

- Meier, C.** (Spring 2013). *Transgender healthcare*. Presented at the Second Annual Cultural Competence Conference, Texas Tech University Health Sciences Center, El Paso, TX.
- Meier, S.C.** (Summer 2012). *The transgender patient's journey: Applying Watson's "CARITAS" model of care*. Professional CE presentation to nurses, psychologists, and social workers at the Michael E. DeBakey VA Medical Center, Houston, TX.
- Meier, S.C.** (Spring 2012). *Providing culturally competent mental health care to transgender patients*. Professional development seminar presented to mental health providers at the Michael E. DeBakey VA Medical Center, Houston, TX.
- Meier, S.** (Spring 2012). *Transgender issues: The new WPATH standards of care version 7*. Professional development seminar presented to counselors and social workers at Montrose Counseling center. Houston, TX.
- Meier, S.** (Spring 2012). *Counseling transgender college students*. Training seminar provided to psychologists and practicum counselors at University of Houston-Clear Lake Career and Counseling Services and to predoctoral interns at the University of Houston-Main Campus.
- Meier, S. & St. Amand, P.** (Fall 2011). *Treating transgender patients*. Grand Rounds presented to the Family Medicine Department of the University of Texas Medical Branch, Galveston, TX.
- Meier, S.** (Spring, 2011). *Necessary Medical Care of Transgender People*. Physician's Assistant Elective, Baylor College of Medicine, Houston Medical Center, first year physician's assistant students.
- Meier, S.** (Spring, 2011). *Gender Identity Disorder?* Abnormal Psychology Course, Rice University. Professor Roberta Diddel.
- Meier, S.** (Fall, 2010). *Providing healthcare to transgender patients*. Women's Health Elective. Baylor College of Medicine, Houston Medical Center, presented to first year medical students.
- Meier, S.** (May, 2010). *Sexual orientation and clinical health outcomes among female to male transsexuals*. Presentation to physicians at the Sexuality, Science, and Sandwiches meeting. McGovern campus VA Houston Center for Quality of Care & Utilization Studies. Houston, TX.
- Meier, S.** *Transgender Healthcare*. (Spring, 2010). Medical Sociology Course. Rice University. Professor Christine Labuski.
- Meier, S.** (Spring, 2010). *Transgender Identities*. Queer Theory Course. Rice University. Professor Brian Riedel.
- Meier, S.** (Fall, 2009). *Providing healthcare to transgender patients*. Women's Health Elective. Baylor College of Medicine, Houston Medical Center, presented to first year medical students.
- Meier, S.** (Summer, 2009). *Transgender Care*. Physician's Assistant Elective, Baylor College of Medicine, Houston Medical Center, first year physician's assistant students.
- Meier, S. & Tittsworth, J.** (Spring, 2009). *Transgender Issues*. Social Work Graduate Course, University of Houston Clear Lake. Professor Dana Smith.
- Meier, S.** (Fall, 2008). *Providing healthcare to transgender patients*. Women's Health Elective. Baylor College of Medicine, Houston Medical Center, presented to first year medical students.

- Meier, S. & Tittsworth, J.** (Fall, 2008). *Gender and Sexuality*. Sociology Course. University of Houston Downtown. Professor Tena Mougouris.
- Meier, S. & Tittsworth, J.** (Fall, 2008). *Transgender Issues*. Social Work Graduate Course, University of Houston Clear Lake. Professor Gaye Cummins.
- Meier, S.** (Spring, 2008). *Gender Identity Disorder*. Abnormal Psychology Course, University of Houston. Professor Julia Babcock.
- Meier, S.** (Spring, 2008). *Transsexualism*. Human Sexuality Course, Rice University. Professor Rimo Berg.

TRAINING PROGRAM DEVELOPMENT

- Keo-Meier, C. & Keo-Meier, B.** Conducting gender affirmative evaluations for transgender people in preparation for surgeries related to gender transition: The Gender ASSET. (Summer 2016 and Spring 2017). Development of a clinical interview and day long workshop training providers on competent assessment of transgender clients seeking letters for surgery related to their gender transition. Legacy Community Health. Houston, TX.
- Keo-Meier, C., Keo-Meier, B., McLaughlin, R., Sharp, R., Gonzalez, G., & Mooney, M.** (Fall 2015 and 2016). Gender Infinity Conference: A two day long conference providing interdisciplinary training for Medical, Legal, Educational, and Developmental providers and safe spaces, education, and networking opportunities for transgender people of all ages and their families. Houston, TX.
- Keo-Meier, C.** (November 2014). LGBT Healthcare and Awareness Training. Developed and provided twelve one-hour LGBT health and cultural competence lectures to staff and providers at Legacy Community Health Services: Houston, TX.
- Meier, C., Keo, R., McLaughlin, R., & Sharp, R.** (July 2013 and 2014). Gender Infinity Conference: A two day long conference providing interdisciplinary training for Medical, Legal, Educational, and Developmental providers and safe spaces, education, and networking opportunities for families with gender non-conforming and transgender children and adolescents. DePelchin Children's Center: Houston, TX.
- Meier, S. C., St. Amand, P., McAdams, J., Forcier, M., Washburn, M., & Klein-Cechettini, K.** (April 2013). Transgender healthcare: Medical, psychological, and spiritual considerations. Led the development and implementation of a one day health conference. Texas Tech University and Health Science Center: Lubbock, TX.
- McLaughlin, R., Sharp, R., Meier, S., & Keo, R.** (June 2011 and 2012). Creating and celebrating possibilities for gender variant children and their families: A day long interdisciplinary training and dialogue among Medical, Legal, Educational, and Developmental Specialists. University of Houston: Houston, TX
- McLaughlin, R., Sharp, R., Meier, S., & Keo, R.** (June 2011, 2012). Creating and celebrating possibilities for gender variant children and their families: A day long conference for families of children with atypical gender expressions to provide a safe space for sharing and informing families about legal, medical and educational opportunities.
- Meier, S. & O'Doherty, D.** (February 2012). Revised mental health standards of care for those working with transgender clients: A training for mental health professionals designed to educate them on the newest WPATH Standards of Care. Held at the Transgender Foundation of America, Houston, TX.

RESEARCH EXPERIENCE

Collaborator

April 2020 – Present

Gender Affirmation based on Self-determination and Informed Consent Study, 2020

Collaborated on a funding application for a study applying transgender community and human rights principles of self-determination and informed consent to explore transgender people's experiences of social, legal, and medical gender affirmation.

Principal Investigator: Jaimie F. Veale, Ph.D.

Research Coordinator

November 2014 – 2016

VA Cooperative Study #590 Double blind placebo-controlled study of Lithium for preventing repeated suicidal self-directed violence in patients with depression or bipolar disorder.

Recruit participants, obtain informed consent, conduct assessments, and consult with providers.

Principal Investigator: Alan C. Swann, M.D. and Rayan Al Jurdi, M.D.

Co-Investigator

November 2014 – 2016

Attitudes and cultural competence of students working with LGBTQI Veterans.

Assist with the study design, provide one-hour LGBTQI health trainings for medical students in the Houston VA, and collect data.

Co-Investigators: Suni Jani, M.D., R. Dakota Carter, M.D., and Rayan Al Jurdi, M.D.

Research Assistant

November 2014 – 2016

CSP G002. Million Veteran Program: A Partnership With Veterans.

Assist in the day-to-day administrative operations and enrollment activities for the study.

The specific study duties and responsibilities are:

Explain MVP to potential study participants and obtain informed consent, ensuring that all aspects of the consent process are completed. Administer survey instruments (if necessary). Have thorough understanding of study and be able to respond to general inquiries from participants.

Assist the Local Site Investigator and Research Coordinator with all record keeping, data entry, and adherence to the protocol and operations manual. Ensure collection and shipment of blood specimens occurs per study protocol.

Local Site Investigator: Alan C. Swann, M.D. and Rayan Al Jurdi, M.D.

Co-Investigator: Laura Marsh, M.D.

Co-Investigator

April 2013 – Present

Parents of Transgender Youth Online Study

Conducting an online study of parents of transgender children and adolescents on the prevalence of social, legal, and medical transition in minor children and how the stress and coping of parents impacts their transgender child's mental health and well being.

Co-Investigators: Seth Pardo, Ph.D., Carla Sharp, Ph.D., Jo Olson, M.D.

Principal Investigator

August 2009 – Present

Department of Psychology, University of Houston, Houston, Texas

Conducted (2009-2012) a controlled year-long longitudinal study on the effects of exogenous testosterone on the personality, psychological functioning, self-esteem, masculinity/femininity, quality of life and emotional reactivity of transgender men, an underserved population. Engaged

in the following activities: literature review, project design, participant recruitment and upkeep of database, delivery of assessments, training graduate and undergraduate research assistants, and preparing manuscripts to be submitted to peer-reviewed journals in both mental and medical health fields. Began 5 year follow up to this study in Spring 2014.

Advisors: Julia Babcock, Ph.D., Carla Sharp, Ph.D, Michael Winters, Ph.D., Judith Mann, Ph.D., Jennifer Leasure, Ph.D.

Lead Evaluator- Patient Care

August 2008 – May 2011

Impulsivity in Bipolar Disorder and Antisocial Personality Disorder

University of Texas Mental Science Institute/Harris County Psychiatric Center, Houston, Texas

Served as lead assessor of inpatients and outpatient individuals with Bipolar Disorder and/of Antisocial Personality Disorder. Administered structured assessments (SCIDs) for multiple studies on impulsivity, Bipolar Disorder, and substance dependence. Two manuscripts have been published in peer reviewed journals from my work on this project.

Supervisors: Alan Swann, M.D., Gerald Moeller, M.D., Marijn Lijffijt, Ph.D.

Principal Investigator

August 2008 – July 2009

Department of Psychology, University of Houston, Houston, Texas

Completed master's thesis that investigated the DSM-IV-TR's sexual attraction typology and sexual attraction shift in female-to-male transgender men. Duties included literature review, project design, gaining human subjects approval, subject recruitment (N = 605), data analysis, and the formulation of manuscripts for submission to peer-reviewed journals. As of February 2013, three manuscripts have been published in peer reviewed journals from this project.

Advisors: Julia Babcock, Ph.D., John Vincent, Ph.D., Michael Winters, Ph.D.

ADDITIONAL WORK EXPERIENCE

Research Coordinator

August 2006 – July 2007

Impulsivity in Bipolar Disorder and Antisocial Personality Disorder

University of Texas Mental Science Institute

40 hours per week

Administered structured assessments (SCIDs) for multiple studies with subjects to confirm diagnoses of Bipolar Disorder, Antisocial Personality Disorder, and/or Substance Related Disorders. Proofread and prepared papers for publication. Recruited and screened potential participants. Entered data and maintained database.

Supervisors: Alan Swann, MD, Gerald Moeller, M.D., Marijn Liffijt, Ph.D.

CLINICAL EXPERIENCE

Family Medicine Resident

June 2020 – Present

Mayo Clinic

Rochester, MN

Part Time Private Practice

February 2015 – Present

Houston, TX

Conduct psychological evaluations and provide treatment to children, adolescents, and adults presenting with a gender concern. Facilitate access to medically necessary hormone and surgical

treatment and legal name and gender recognition following the standards of care created by the World Professional Association for Transgender Health (WPATH). Provide therapy for individuals, couples, and families using person centered LGB and gender affirmative therapy.

Private Practice

August 2014 – November 2014

Conducted psychological evaluations for adults and children with a range of referral questions including behavior problems, intellectual functioning, and the assessment of learning disorders, ADHD, and autism spectrum disorders. Administered, scored, and interpreted intellectual, behavioral, personality, and symptom based psychological tests. Prepared integrated assessment reports.

APA-Accredited Postdoctoral Fellowship in Clinical Psychology August 2013 – August 2014 Emphasis Track: Interprofessional Lesbian, Gay, Bisexual, Transgender (LGBT) Health Care Michael E. DeBakey VA Medical Center

Psychology Postdoctoral Fellow

Houston, Texas

Commitment: 40 hours per week for 1 year

Preceptor: Michael Kauth, Ph.D.

Training Director: Ellen Teng, Ph.D.

Clinical Rotations

General Mental Health Clinic

Supervisor: Karen Waldman, Ph.D.

Provided individual, couples, and group psychotherapy employing cognitive behavioral, acceptance and commitment, dialectical behavioral, mindfulness, motivational interviewing, and interpersonal therapy techniques for LGBT, MSM, Veterans who were questioning their gender or sexuality, and Veterans with sexual concerns. Developed and facilitated weekly transgender, LGBTQI, and LGBT couples therapy groups. Provided referrals to patients for other healthcare services available in the VA system. Used CPRS and vista for chart documentation, billing, referrals and consultations. Worked with onsite psychiatrists, social workers, and primary care providers to provide culturally and clinically appropriate treatment for patients.

Infectious Disease Primary Care Clinic

Supervisor: Michael Kauth, Ph.D.

Brief evidence-based interventions for veterans living with HIV and HCV who are experiencing difficulty adhering to medications, prioritizing health, following medical recommendations, communicating with interdisciplinary healthcare team, and adjusting to new diagnoses. Brief evidence-based interventions for comorbid mental health conditions including mood, anxiety and personality disorders; and comorbid medical conditions including diabetes, cardiovascular disease, chronic pain, and cancer. Psychodiagnostic assessments and screeners to inform and determine effectiveness of treatment. Consultation/liaison services. Point of contact for mental health concerns in specialty clinics. Case management for mental health needs. Suicide risk assessment and behavioral contracts. Guest lectures and didactics to medical infectious disease fellows and staff.

Transgender Medical Treatment Clinic

Supervisors: Dr. Kaki York-Ward, Ph.D.
 Dr. Michael Kauth, Ph.D.

Create hormone therapy assessment protocol based on national and international recommendations and collaborate with psychiatrists and endocrinologists. Assess patients' readiness for hormone therapy. Provide consultation, psychoeducation, brief interventions, and referrals pre and post hormone initiation. Conduct comprehensive mental health, cognitive and health psychology assessments. Generate interpretative reports for hormone therapy readiness. Create pre-surgical assessment protocol evaluating readiness for multiple different types of sex-reassignment surgery including chest reconstruction, chest augmentation, hysterectomy, orchiectomy, metoidioplasty, phalloplasty, and vaginoplasty.

SCAN ECHO Transgender Consultation Team

Served on national Planning Committee for development of transgender didactic presentations on a range of topics to be offered to VA providers.
Participate in weekly national calls.

Legacy Community Health

Supervisor: Dr. Monica Garza, Ph.D.

Create and facilitate a weekly transgender therapy group.
Provide psychodiagnostic assessments and generate integrative reports.

Education and Research Rotation

Developed nurse education simulation in order to provide live training on how to respond when finding out your patient is transgender and how to respond to their suicide attempt.
Provided over 40 didactic presentations in the VA and Texas Medical Center to physicians, physicians assistants, psychologists, nurses, social workers, front line staff, and student trainees on LGBT health care and human sexuality.
Collaborated on an invited paper reviewing the literature on sexual health of LGB Veterans.

APA-Accredited Internship Texas Tech University Student Counseling Center

August 2012 – July 2013

Lubbock, Texas

Commitment: 40 hours per week for 1 year

Therapy and Assessment

Provided individual, couples, and group therapy to a diverse group of undergraduate and graduate students in an outpatient setting, using a brief therapy model. Conducted psychological assessments as indicated and providing clients with treatment focused integrated assessment results. Provided Walk In Clinic counseling including intake sessions, consultation with family, faculty, and staff, crisis intervention on campus, and crisis appointments. Rotated providing emergency and 24/7 on-call coverage for crisis management. Provided clients with personalized guidance through biofeedback software and educating on the treatment effects of biofeedback. Participated in Sexual and Gender Identity Rotation working with LGBT and questioning clients in individual, couples, and group therapy. Facilitated two LGBT interpersonal process groups in the Fall. Co-leading couples counseling under live supervision. Facilitated a transgender therapy group. Participating in weekly group therapy consultation. Facilitated an Intensive Outpatient Program for adolescents and adults with substance abuse problems. Facilitated a Dialectical Behavior Therapy based coping skills group for undergraduate and graduate students with Axis II and interpersonal problems.

Supervisors: Primary: Sharla Boyd, Ph.D.

(Licensed Psychologist/Training Director)

LGBT: Richard Lenox, Ph.D. **(Licensed Psychologist)**
Couples: Nancy Robinson, Ph.D. **(Licensed Psychologist)**
Substance: Klinton Hobbs, Ph.D. **(Licensed Psychologist)**

Supervision and Training

Provided weekly supervision for two practicum students from marriage and family therapy masters and counseling psychology doctoral programs at Texas Tech University. Participated in monthly training discussion regarding current practicum students. Provided training for all counseling center and student health services staff on working with transgender and gender non-conforming clients. Created and implemented Professional Training on Transgender Competency for health providers in the Lubbock area.

Supervisors: Marie Moerkbak, Ph.D. **(Licensed Psychologist)**
 Lisa Viator, Ph.D. **(Licensed Psychologist)**

Outreach/Consultation

Provided outreach presentations and consultation to Staff at residence hall on campus. Facilitated LGB Allies Training for campus-wide faculty, staff, and students. Created and implemented novel transgender Allies Trainings for students and for faculty/staff. Organized and coordinated a transgender healthcare conference for over 70 attendees in Lubbock, Amarillo, and El Paso.

Administration and Leadership

Member of Diversity Outreach Committee and Internship Selection Committee. Reviewed applications and interviewed internship applicants for the APA-accredited internship program at the Student Counseling Center. Interviewed psychologist job candidates applicants for a position in the Counseling Center. Participated in weekly staff discussions and decision-making involving the overall functioning of the Student Counseling Center.

Clinical Psychology Practicum Experience

Practicum Counselor

August 2011 – May 2012

University of Houston-Clear Lake, Student Counseling Services, Houston, Texas

Commitment: 16 hours per week

Conducted individual, group, and couples therapy with graduate and undergraduate students with a wide range of presenting problems including academic and career issues, depression, anxiety, interpersonal problems, Axis II concerns, and grief with clients from diverse demographic groups. Received weekly one-on-one psychodynamic and cognitive behavioral supervision reviewing videotaped sessions. Used the CCAPS inventory in order to assess monthly treatment progress and the CAMS suicide assessment to assess clients presenting with suicidal ideation. Implemented treatment techniques including behavioral activation, cognitive restructuring, motivational interviewing, interpersonal process, and facilitation of interpersonal skills. Provided intake assessments and assisted in determination of services. Prepared outreach presentations on university counseling services, healthy relationships and LGBT issues. Assisted with career exploration workshops.

Supervisors: Gary Adams, Ph.D. **(Licensed Psychologist)**
 Cindy Cook, Ph.D. **(Licensed Psychologist)**

Practicum Extern

August 2011 – May 2012

Michelle Forrester, Ph.D., PC, Private Practice, Houston, Texas

Commitment: 10 hours per week

Facilitated group therapy with child clients ages 4-8, with diagnoses including, but not limited to Autism, Asperger's Syndrome, Selective Mutism, Disruptive Behavior Disorder, Anxiety Disorders, and Attention Deficit/Hyperactivity Disorder. Additional concerns included social skills, anger management, and adoption. Provided individual therapy with children age 4-6 with diagnoses of Autism, ADHD, and Disruptive Behavior Disorder. Received one-on-one supervision for individual cases and live group supervision for groups. Worked with an ethnically diverse population, including clients from Asian and African American backgrounds. Applied interventions focused on interpretive play therapy and behavior modification strategies.

Supervisor: Michelle Forrester, Ph.D.

(Licensed Psychologist)**Practicum Extern**

August 2010 – May 2011

Houston Independent School District, Houston, Texas

Commitment: 16 hours per week

Performed individual and school wide crisis risk assessment and intervention as well as providing recommendations to principals, teachers, and parents. Conducted individual therapy with regular education students with pronounced emotional and/or behavioral issues who are age 4-19, predominately African American and Hispanic. Provided psychological assessment for Special Education Services, presenting problems included Autism and Emotional Disturbance. Co-facilitated Safe Zone therapy groups for LGBT high school students. Formulated and implemented 6-week anger management and social skills development group therapy for students in the North Region Alternative School. Provided in-services to parents on the effects of bullying and educated classes of students on managing test anxiety. Received weekly individual systems, humanistic, and cognitive behavioral supervision.

Supervisor: Diane Thomas, Ph.D.

(Licensed Psychologist/Licensed School Psychologist)**Practicum Extern**

August 2009 – May 2010

The Montrose Center, Houston, Texas

Commitment: 16 hours per week.

Conducted individual, couples, and group therapy with diverse underserved populations including people of color, people diagnosed with HIV, and the LGBT community. Co-facilitated Safe Zone group therapy for LGBT high school students in HISD. Received weekly individual humanistic and psychodynamic supervision and engaged in group process supervision with other practicum students. Formulated and implemented a 12-week psychoeducational support group specific to transgender identified persons. Formulated and implemented an 8-week psychoeducational support group specific to non-transgender partners of transgender identified persons. Case management and conceptualization specific to the LGBT community. Observe chemical dependency treatment.

Supervisor: Raymond Pledger, Ph.D.

(Licensed Psychologist)**Assistant Director Clinical Practice**

August 2009 – May 2011

Center for Couples Therapy, Department of Psychology, University of Houston, Houston, Texas

Commitment: 5 hours per week

Coordinated the Center for Couple's Therapy by recruiting, screening, and training undergraduate assistants, and scheduling and coordinating clients and graduate student trainees. Conducted psychological and physiological assessments of couples and developed integrative reports. Trained undergraduate assistants in physiological hook-up, including heart rate, skin conductance, finger pulse, and finger temperature. Coordinate and train undergraduates in Specific Affect Coding System (SPAFF; Gottman & L. Krokoff, 1989).

Supervisor: Julia C. Babcock, Ph.D.

(Licensed Psychologist)

Practicum Student in Clinical Psychology

August 2008 – August 2009

Advanced Practicum Student in Clinical Psychology

August 2009 – May 2011

Psychology Research and Services Center, University of Houston, Houston, Texas

Commitment: 5-10 hours per week

Conducted individual psychotherapy with clients with mood-related concerns, including, but not limited to Major Depressive Disorder, Anxiety Disorder NOS, Axis II concerns, and suicidality. Implemented treatment techniques including behavioral activation, cognitive restructuring, progressive muscle relaxation, relapse prevention, assertiveness training, motivational interviewing, interpersonal process, and facilitation of interpersonal skills. Provided ongoing personality, suicidality, and symptom inventories throughout the treatment process to aid in case conceptualization, symptom monitoring, and treatment planning. Worked with an ethnically diverse population, including clients from Asian, Hispanic American, and Eastern European backgrounds. Received group and individual supervision from supervisors with cognitive-behavioral, interpersonal, and eclectic backgrounds including review of videotaped sessions. Received feedback on weekly notes, video-taped sessions and semester intakes.

Supervisors: John Vincent, Ph.D.

(Licensed Psychologist)

Gerald Harris, Ph.D.

(Licensed Psychologist)

Graduate Student Evaluator

August 2008 – August 2009

Advanced Assessment Clinic, University of Houston, Houston, Texas

Conducted psychological evaluations for adults and children with a range of referral questions including behavior problems, intellectual functioning, and the assessment of learning disorders, ADHD, and autism spectrum disorders. Administered, scored, and interpreted intellectual, behavioral, personality, and symptom based psychological tests. Prepared integrated assessment reports and provided client feedback.

Supervisors: Jack Fletcher, Ph.D.

(Licensed Psychologist)

Gerald Harris, Ph.D.

(Licensed Psychologist)

ADDITIONAL WORK EXPERIENCE

Research Coordinator

August 2006 – July 2007

Impulsivity in Bipolar Disorder and Antisocial Personality Disorder

University of Texas Mental Science Institute

40 hours per week

Administered structured assessments (SCIDs) for multiple studies with subjects to confirm diagnoses of Bipolar Disorder, Antisocial Personality Disorder, and/or Substance Related Disorders. Proofread and prepared papers for publication. Recruited and screened potential participants. Entered data and maintained database.

Supervisors: Alan Swann, MD, Gerald Moeller, M.D., Marijn Liffijt, Ph.D.

RELEVANT OUTREACH EXPERIENCE

- Meier, S.** (Spring 2012). *How to be an Ally to Transgender Students*. Presentation to Safe Zone Allies and Peer Allies at University of Houston Clear Lake, Houston, TX.
- Meier S.** (Spring 2012). *LGBT Mental Health Awareness*. Outreach presentation for the LGBT Health Fair at University of Houston—Clear Lake.
- Meier, S.** (Spring 2012). Allies in the classroom: How you can prevent marginalization of LGBT students and promote safe spaces. Presented to Teacher Learning Enhancement Center Innovators at the University of Houston—Clear Lake.
- Meier, S. & Herman, L.** (Fall 2011). *Standards of Care 7 and How They Affect You*. Presentation to the Transgender Foundation of America and Houston Transgender Community, Houston, TX.
- Meier, S.** (Fall 2011). *How to be an Ally to Transgender Students*. Presentation to Safe Zone Allies at University of Houston Clear Lake, Houston, TX.
- Meier, S.** (Fall 2010). *Bullying in Schools*. Cafecitos – Parent Meeting. Ketelsen Elementary. Houston, TX.
- Meier, S.** (Fall 2010). *Bullying Part II: How Parents Can Help*. Cafecitos – Parent Meeting. Ketelsen Elementary, Houston, TX.
- Meier, S.** (Fall 2010). *The Use of Preferred Names for Transgender Students, Faculty, and Staff*. Presentation to the University of Houston Student Government Association, Houston, TX.
- Meier, S.** (Fall 2010). *Gender Identity and Expression Protections at the University Level*. Presentation to the University of Houston Student Government Association, Houston, TX.
- Case, K., & **Meier, S.** (Summer 2010). *Gender and Gender Identities*. LGBT students: What educators need to know. Presentation for the Gay Lesbian Student Education Network Educators’ Workshop, UHCL, Houston, TX.
- Meier, S. & St. Amand, P.** (Spring 2010). *Total Transgender Care*. Montrose Counseling Center Therapists and Case Managers, Houston, TX.
- Meier, S.** (Fall 2009). *Transgender Information*. Presentation to the Out Students and Allies group. Houston Community College.
- Meier, S.** (Spring 2009). *Providing Healthcare to Transgender Persons*. Presented to the Marriage and Family Therapy Graduate Student Association at the University of Houston—Clear Lake, Houston, TX.
- McLaughlin, R., **Meier, S.**, Murphy, D., & Migura, M. (April, 2008). *Understanding Gay, Lesbian, and Transgender Students: Providing a Safe Educational Setting*. A presentation to HISD Psychological and Counseling Services, Houston, TX.
- Meier, R. & **Meier, S.** (August, 2008). *Ethical treatment for GLBT youth*. Continuing education presentation to Southeast Texas Psychological Association (SETPA), Beaumont, TX.
- Tittsworth, J. & **Meier, S.** (December, 2007). *The Transgender Umbrella, Clinical Issues, and Foster Care*. Presentation to social workers on mental health and clinical issues related to transgender clients. Harris County Psychiatric Hospital, Houston, TX.

COMMUNITY OUTREACH

**2019 – 2020 OUT for Health 2020 Interprofessional 2SLGBTQI+ Health
Conference Program Chair**

Created a one day multidisciplinary conference program with multiple plenary sessions and 3 concurrent sessions. Communicate with and coordinate presenters. Organize materials for CME, CNE, and CEU and collaborate with respective CE offices.

2016 – 2020 Allies in Medicine at UTMB Officer

Helped develop student Ally Trainings. Created first UTMB LGBTQI+ Health month program including academic presentations as well as a social event for students. Mentored fellow students to develop leadership skills and programming.

2016 – 2018 Elizabeth Blackwell Osler Society First Year Coordinator

2009 – 2011 FTM Medical Clinic Visit Coordinator

Organized and coordinated visits to Dr. Pamela St. Amand's (OB/GYN) office in Beaumont, TX, for transgender men on a quarterly basis.

2009 – 2012 Families of Gender Variant Children Group Facilitator

Facilitated monthly group meetings to parents of gender variant and transgender children age 0-12. Connected families to desired resources in the Houston area.

2009 – 2011 Cougar Ally Training Student Representative

Participated in the program development and implementation of Ally Training at the University of Houston. Recruited panels for each training. Assisted in choosing the Director of the UH LGBT Center.

2008 – 2011 Some Transgender people are Guys (STAG), Coordinator

Facilitated monthly meetings and provided resources for trans masculine-identified persons in the Houston area. Maintained STAG yahoo group, website, and listserv.

**2008 – 2012 HATCH Youth Group Facilitator and Transgender Teen Group
Leader**

Facilitated weekly group meetings to LGBT youth ages 13-21 in a safe and supportive space at the Montrose Counseling Center and provided mentoring.

2008 – Present Transgender Foundation of America Consultant

Psychological Research and Education, Operations Committee Member, Community Advisory Board Member, Houston Transgender Unity, Committee Member, FTM group coordinator. Oversee and provide resources for Houston area transgender groups.

2007 – 2011 Rice University Ally Training Co-Facilitator

Assisted Dr. Michael Winters to facilitate the bi-annual Ally Training at Rice University. Lead large and small group discussions in order to train allies for the LGBT population. Presented about the issues of homophobia and transphobia.

2007 – 2009

**Montrose Counseling Center Gay and Lesbian Switchboard Crisis
Line Volunteer**

Participated in over 30 hours of training. Provided phone coverage at Montrose Counseling Center in order to aid the LGBT community in Houston and the surrounding areas.

ASSESSMENT EXPERIENCE

Emotional and Behavioral

Addiction Severity Index

Attributional Style Questionnaire

AUDIT- C

Barratt Impulsiveness Scale

Beck Anxiety Inventory

Beck Depression Inventory- 2

Beck Scale for Suicide Ideation

Beck Youth Inventories

Behavior Assessment System for Children-2, Parent, Teacher, and Self-Report Rating Scales,
Self Report of Personality

Bem Sex Role Inventory

Child Behavior Checklist for Ages 6-18

Childhood Autism Rating Scale

Children's Depression Inventory

Conflict Tactics Scale- 2

Conners Continuous Performance Test- 2

Coping Response Inventory

Counseling Center Assessment of Psychological Symptoms (CCAPS)

Depression Anxiety Stress Scale

Dyadic Adjustment Scale

Emotional Reactivity Scale

Eysenck Personality Questionnaire- Revised

Gilliam Aspergers Disorder Scale

Gilliam Autism Rating Scale

Marital Satisfaction Inventory

Michigan Alcohol Screening Test

Minnesota Multiphasic Personality Inventory-2 and Restructured Form

Personality Assessment Inventory

Piers-Harris Children's Self-Concept Scale- 2

Revised Children's Manifest Anxiety Scale- 2

Rosenberg Self Esteem Scale

Schedule for Affective Disorders and Schizophrenia-C

SF-36v2 Health Survey

Structured Clinical Interview for DSM-IV Axis I Disorders (SCID-I)

Structured Clinical Interview for DSM-IV Axis II Disorders (SCID-II)

Substance Abuse Subtle Screening Inventory (SASSI)

Swanson, Nolan, and Pelham Rating Scale IV

Symptom Checklist-90-Revised

Teacher's Report Form for Ages 6-18
Trauma Symptom Inventory
Vineland Adaptive Behavior Scales-2, Teacher and Parent Forms
Wender Utah Rating Scale
Youth Self-Report for Ages 11-18

Cognitive

Beery-Buktenica Developmental Test of Visual-Motor Integration, 5th Edition
Comprehensive Test of Phonological Processing
Differential Ability Scales- 2
Gray Oral Reading Tests, 4th Edition
Kaufman Assessment Battery for Children, 2nd Edition
Shipley Institute of Living Scale
Slosson Oral Reading Test
Test of Word Reading Efficiency
Wechsler Abbreviated Scale of Intelligence
Wechsler Adult Intelligence Scale 3 (WAIS-3)
Wechsler Intelligence Scale for Children 4 (WISC-4)

Achievement

Wide Range Achievement Test 4
Woodcock-Johnson III Tests of Achievement

Projective

House-Tree-Person
Robert's Apperception Test for Children: 2
Sentence Completion
Thematic Apperception Test