

REBEKAH MONROE | CURRICULUM VITAE

RMONROE@BGSU.EDU | [Linkedln](#) | SHE/HER/THEY/THEM | CELL: 417.322.5441

EDUCATION

- In Progress **Bowling Green State University**, Bowling Green, OH: 2023-2030
MA/PhD Student: Clinical Psychology with specialization in Religion/Spirituality and Health Psychology concentration.
- May 2021 **Northeastern Illinois University**, Chicago, IL: 2017-2021
BA: General Education, Major – Psychology, Minor – Women’s, Gender & Sexuality Studies | 4.0 GPA for all | Summa Cum Laude with Honors.

RESEARCH INTERESTS

Religious Trauma & Exiting	Yoga & Embodiment Interventions
Mental Health & Overall Well-being	Intersectionality & Critical Theories
Psychophysiology & Health Equity	Cultural Hegemony
Sexual & Gender Minorities	Betrayal Trauma

HONORS, GRANTS, & AWARDS

- Oct. 2025 Awarded Dr. Bernard J. Brommel Doctoral Scholarship (\$1,250 as Alumna of NEIU and Currently in a Doctoral Program)
- Oct. 2025 Graduate Student Senate Funding for Professional Development, Bowling Green State University (\$200 for Presenting at SSSR Conference)
- Oct. 2025 ORSA State Workshop Student Scholarship, Bowling Green State University (\$50 to Cover Conference Registration)
- Aug. 2025 Professional Development Award for conference support when presenting a research project as first author (\$600), Psychology Department Funding (\$115), Bowling Green State University
- Mar. 2025 Awarded Best Graduate Poster Presentation for Poster Entitled: “Difference in Privilege Status: Effect of Yoga on Serum Cortisol and BDNF in U.S. Residents with Major Depression—A Research Proposal,” Annual Symposium on Diversity, Bowling Green State University
- Mar. 2025 Graduate Student Senate Funding for Professional Development, Bowling Green State University (\$320 for Presenting at MPA Conference)
- Jan. 2025 Psychological Services Center Funding Professional Development Award, Bowling Green State University (\$75 for Presenting at MPA Conference)
- Nov. 2024 OASIS Grant of the LGBT Ministry of the Episcopal Diocese of Newark for

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Research Proposal Surveying Religious Trauma, Spiritual Abuse, Religious Struggles, & Interpersonal Adverse Religious/Spiritual Experiences as Principal Investigator (\$2,500)

- Sept. 2024 Graduate Student Senate Funding for Professional Development, Bowling Green State University (\$160 for Presenting at SSSR Conference)
- Sept. 2024 Professional Development Award for conference support when presenting a research project as first author (\$350), Psychology Department Funding (\$115), and Clinical Area Funding (\$300), Bowling Green State University (\$775 total)
- April 2024 2023-2024 Undergraduate Psychology Association (UPA) Graduate Teacher of the Year nominated and awarded by UPA officers, Bowling Green State University (\$50)
- April. 2024 [ECOG-ACRIN](#) Edith Peterson Mitchell, MD Health Equity Travel Scholarship (hotel, flight, conference registration, and food costs included) ~\$1,000
- Feb. 2024 Graduate Student Senate Funding for Professional Development, Bowling Green State University (\$50 for Membership Fees)
- 2023–2026 Graduate Student Assistantship Award every semester, Bowling Green State University (2023–2025, \$7,550/semester | 2025–2026, \$10,000/semester)
- 2017–2021 Dean’s List Recipient every semester, Northeastern Illinois University
- Oct. 2020 Eastern Cooperative Oncology Group and the American College of Radiology Imaging Network’s Oncology Program ([ECOG-ACRIN](#)) Travel Award Scholarship for Conference Attendance: Fall 2020 (Virtual Due to COVID)
- Oct. 2020 Honors Council of the Illinois Region Margaret Messer Student Research Grant, Northeastern Illinois University, University Honors Program, Fall 2020 (\$77 for SPSS Subscription)
- Sept. 2020 Honors Thesis Support, Northeastern Illinois University, College of Graduate Studies and Research: Fall 2020 (\$200)
- 2018–2020 Honors Merit Tuition Scholarship, Northeastern Illinois University, University Honors Program: Fall 2018 – Fall 2020 (total of \$5,193.65 in varying amounts granted over three semesters)
- Jun. 2020 Brommel Cozad Elliot Scholarship, Northeastern Illinois University, University Honors Program: Spring 2020 (\$1,200)
- Jun. 2020 Brommel Hanson McGee Scholarship, Northeastern Illinois University, College of

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Arts and Sciences: Summer 2020 (\$400)

- 2017–2020 Communication, Media & Theatre Talent Scholarship, Northeastern Illinois University, College of Arts and Sciences: Fall 2017 – Summer 2020
(Total of \$8,482.68 in varying amounts granted over six semesters)
- 2019 Women and Gender Studies Scholarship, Northeastern Illinois University, College of Arts and Sciences: Summer 2019 (\$650)
- 2018 Brommel Determination Against All Odds Scholarship, Northeastern Illinois University, College of Arts and Sciences: Spring 2020 (\$1,000)

SCHOLARSHIP

Academic Publications

Monroe, R. (2020). The relationship between religious trauma, sex, gender roles, and sexuality of adults in the United States using social identity theory. *The Undergraduate Journal of Psychology at Berkeley*, 13(1), 82–92. doi: <https://ujpb.berkeley.edu/>

Scholarship in Progress

Monroe, R. & Seto, C. (*in preparation*). Clarifying the Muddy Effects of Purity Culture: Religion's Impact on Happiness and Mental Health for Sexually Active and Non-Active Teenagers and Young Adults.

Monroe, R. (*in preparation*). Religious Trauma, Spiritual Abuse, Interpersonal Adverse Religious/Spiritual Experiences and their Effects on Health: A Meta-Analysis of Empirical Studies.

Media Publications

Monroe, R. (2022). Not all principals have principles. #16stories: 30th anniversary of the 16 Days of Activism Campaign founded by Rutgers University CWGL. Published by [s.h.e.collective](#).

Monroe, R. (2021). Reader gives a victim's perspective on reporting abuse publicly. Letter to the editor. Printed in Laclede County Record on February, 27th, 2021.

PRESENTATIONS

Conference/ Symposium Presentations (Oral)

- Kiss, J. **Monroe, R.**, & Smith, K. *Exercise Is Medicine on Campus-Going for the Gold! Ohio Recreational Sports Association 2025 Conference*, Bowling Green, Ohio, October 22-24, 2025.
- Monroe, R.** & Seto, C. (Abstract Accepted). *Clarifying the Muddy Effects of Purity Culture: Religion's Impact on Happiness and Mental Health for Sexually Active and Non-Active Teenagers and Young Adults*. Society for the Scientific Study of Religion and the Religious Research Association, Minneapolis, Minnesota, October 31, 2025.
- Monroe, R.** *Religious Trauma, Spiritual Abuse and Their Effects on Health: A Meta-Analysis of Empirical Studies From 2017 to 2023*. Society for the Scientific Study of Religion and the Religious Research Association, Pittsburgh, Pennsylvania, October 18, 2024.
- Monroe, R.** *Gauging Hegemony in a Minority Serving Institution: Undergraduates' Attitudes Towards Privilege and Oppression and Types of Curricula Exposure*. Honors Council of the Illinois Region Student Symposium, Normal, Illinois, February 27, 2021.
- Monroe, R.** *Hegemony in U.S. Education: Exploring the Link Between Students' Attitudes on Privilege and Oppression and Exposure to Critical Pedagogy*. Northeastern Illinois University Psychology Department Student Research Symposium, Chicago, Illinois, December 4, 2020.
- Thebaud, M., **Monroe, R.**, & Bounds, M. *Effects of Current Healthcare System to Accessing Pap Smears for Black Women in Chicago*. Health Equity and Social Justice Conference, Chicago, Illinois, November 5, 2020.
- Thebaud, M., **Monroe, R.**, Bounds, M, & Arias, L. *Effects of the Current Healthcare Systems to Accessing Pap Smears for Homeless Women in Chicago: A Reframing from Views of Deficiency to Cultural Capital*. Chicago Cancer Health Equity Collaborative Symposium, Chicago, Illinois, August 6, 2020.
- Monroe, R.** *Imbalanced Research in Psychology: Religion as a Source of Trauma on Gender and Sexual Minorities*. Northeastern Illinois University Student Research Symposium, Chicago, Illinois, April 17, 2020. *Canceled due to COVID-19*
- Monroe, R.**, Ramirez, T., Astudillo, A., Kimondo, B., & Rizo, K. *The Effects of Multiple Identities on Open-Mindedness of College Students*. Northeastern Illinois University Student Research Symposium, Chicago, Illinois, April 17, 2020. *Canceled due to COVID-19*
- Monroe, R.** *Analysis of Religious Trauma in Gendered Adults Using Social Identity Theory (SIT) & Intersectionality Theory*. Honors Council of the Illinois Region Student Symposium, Joliet, Illinois, February 29, 2020.
- Conference/Symposium Presentation (Poster)*

Monroe, R. *Meta-Analysis on Interpersonal Adverse Religious/Spiritual Experiences and Health.* Midwestern Psychological Association Conference, April 10-12, 2025.

Monroe, R. *Difference in Privilege Status: Effect of Yoga on Serum Cortisol and BDNF in U.S. Residents with Major Depression—A Research Proposal.* Symposium on Diversity, January 22, 2025.

Monroe, R. *Employing Critical Race Theory to Explore the Effects of Hegemony in U.S. curricula of Undergraduate Students' Attitudes on Privileges and Oppression.* Midwestern Psychological Association Conference: Psi Chi, April 22–24, 2021.

Rehich, M., **Monroe, R.**, Said, G., Makris, E., & Hollis-Sawyer, L. *Analysis of University Culture and Grit on Undergraduate Student Academic Performance and Retention in a Minority Serving Institution.* Association for Psychological Science 32nd Annual Convention. Chicago, Illinois, May 21–25, 2020. *Cancelled due to COVID-19*

Invited as Guest Speaker (Oral Presentation)

Monroe, R. (2025, December 3). Guest speaker for Dr. Hee Soon Lee, “My Journey with Self-care, Research in a Social Service Profession, and Yoga.” for Research for Social Work, SWOK 220, Bowling Green State University, Bowling Green, Ohio.

Monroe, R. (2025, November 5). Guest speaker for Dr. Jessica Sitek, “Religious Trauma and Beyond: Identity, Loss, and the Search for Connection” for Religion and Human Sexuality East & West, REL 2002, Temple University, online.

Monroe, R. (2025, October). Guest speaker for BG Ideas Podcast. “Religious Trauma and LGBTQIA2S+ Mental Health: Intersections of Psychology, Culture, and Activism.” Bowling Green State University, Bowling Green, Ohio.

Monroe, R. (2025, February 5). Guest speaker for Dr. Hee Soon Lee, “Research Proposals and their Main Ingredients” based on poster, ‘Difference in Privilege Status: Effect of Yoga on Serum Cortisol and BDNF in U.S. Residents with Major Depression—A Research Proposal’ for Research for Social Work, SWOK 4000, Bowling Green State University, Bowling Green, Ohio.

Monroe, R. (2024, November 6). Guest presenter for graded assignment for Dr. Jari Willing, “Specific Aims for New Study Design based on ‘Hippocampal and Amygdala Volumes Vary with Residential Proximity to Toxicants at Birmingham, Alabama’s 35th Avenue Superfund Site’” for Exogenous Influences on Neurobiology and Behavior in Psychology, PSYC 7800, Bowling Green State University, Bowling Green, Ohio.

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- Monroe, R.** (2024, November 4). Guest presenter for graded assignment for Dr. Michael Zickar, “Exploratory Factor Analysis” for Multivariate Statistics in Psychology, PYSC 7800, Bowling Green State University, Bowling Green, Ohio.
- Monroe, R. & Short, B.** (2024, November 4). Guest presenter for graded assignment for Dr. Meagan Docherty, “Religion & Morality in the Lifespan” for Lifespan Development in Psychology, PYSC 7370, Bowling Green State University, Bowling Green, Ohio.
- Monroe, R.** (Fall 2024). Guest presenter for graded assignment for Dr. Jari Willing, “Presentation on ‘Life at the Top: Rank and Stress in Wild Male Baboons’” for Exogenous influences on Neurobiology and Behavior in Psychology, PYSC 7800, Bowling Green State University, Bowling Green, Ohio.
- Monroe, R.** (Spring 2024). Guest presenter for graded assignment for Dr. Annette Mahoney, “PTSD, Diversity, Equity, and Inclusion: ADDRESSING Intersectionality–Back to Black Women” for Behavior Pathology in Clinical Psychology, PYSC 6080, Bowling Green State University, Bowling Green, Ohio.
- Monroe, R.** (Spring 2024). Guest lecturer in role as Teacher’s Assistant for Dr. Yiwei Chen, “13-Session Lecture Series on Statistics & Writing a Research Proposal” using *SPSS Survival Manual: A Step-by-Step Guide to Data Analysis Using SPSS Program* by Pallant (2016), for Laboratory in Development Psychology, PSYC 3290. Bowling Green State University, Bowling Green, Ohio.
- Monroe, R.** (2024, April 2). Guest lecturer in role as Teacher’s Assistant for Dr. Yiwei Chen, “Exam 2 Review: Ch. 5-8 of *The Journey of Adulthood* by Bjorklund & Earles (2019),” for the Class Lifespan Development, PSYC 3090. Bowling Green State University, Bowling Green, Ohio.
- Monroe, R.** (2024, April 2). Guest lecturer in role as Teacher’s Assistant for Dr. Yiwei Chen, “Exam 2 Review: Ch. 5-8 of *The Journey of Adulthood* by Bjorklund & Earles (2019),” for the Class Lifespan Development, PSYC 3090. Bowling Green State University, Bowling Green, Ohio.
- Monroe, R.** (2024, February 29). Opening Remarks Speaker for Organizer Ghada Itayem, “Know Your Rights as a Student: How to Identify Islamophobia and Advocate for Yourself & Others.” Hosted by BGSU Graduate Student Senate. Bowling Green State University, Bowling Green, Ohio.
- Monroe, R.** (2024, February 27). Guest lecturer in role as Teacher’s Assistant for Dr. Yiwei Chen, “Exam 2 Review: Ch. 5-8 of *The Journey of Adulthood* by Bjorklund & Earles (2019),” for the Class Lifespan Development, PSYC 3090. Bowling Green State University, Bowling Green, Ohio.

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Monroe, R. (2024, February 1). Guest lecturer in role as Teacher's Assistant for Dr. Yiwei Chen, "Exam 1 Review: Ch. 1-4 of *The Journey of Adulthood* by Bjorklund & Earles (2019)," for the Class Lifespan Development, PSYC 3090. Bowling Green State University, Bowling Green, Ohio.

Monroe, R. (2023, November 3). Guest lecturer in role as Teacher's Assistant for Dr. Meagan Docherty, "Achievement in Adolescent Development," for the Class, Adolescent Development, PSYC 3040. Bowling Green State University, Bowling Green, Ohio.

Monroe, R. et al. (2023, May 16). Panelist on Webinar, "The role of libraries in supporting the next generation of mental health professionals and researchers." ProQuest: Part of Clarivate.

Chen, E. & **Monroe, R.** (2022, August). Panelist, "Information on ChicagoCHEC Fellows Program 2023." Requested by [researchHStart](#) and [CHESS](#) coordinator on behalf of the National Cancer Institute Comprehensive Cancer Partnership, Chicago, Illinois.

Monroe, R. (2020, December). Panelist, "ChicagoCHEC Fellows Recruitment 2021," for the ChicagoCHEC Program. National Cancer Institute Comprehensive Cancer Partnership, Chicago, Illinois.

Monroe, R. (2020, December). Panelist, "University Honors Program Info Session," for the University Honors Program. Northeastern Illinois University, Chicago, Illinois.

Monroe, R. (2020, October). Guest lecturer, "Developing a Research Question," for the Class, Writing II, English 102. Northeastern Illinois University, Chicago, Illinois.

RESEARCH EXPERIENCE

Bowling Green State University (BGSU), PhD Student, MAPLab (Mindful Behavior Therapies and Psychophysiology Lab)

Summer 2024 – Present

Supervisor: Dr. William O'Brien, PhD, ABPP, Professor of Psychology, BGSU

Role: Graduate Research Assistant | Head of Facility Recruitment

- Lead Coordinator for facility recruitment. Created and implemented coding scheme for facility status, developed recruitment materials and contacted facilities via phone, spearheaded email campaign, trained undergraduate research assistant for recruitment, assistant therapist in leading EPACT/ACT interventions and control groups for Ohio Bureau of Workers Compensation grant funded randomized clinical trial.

Bowling Green State University (BGSU), PhD Student, Master's Thesis Project

Fall 2023 – Spring 2024

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Supervisor: Dr. William O'Brien, PhD, ABPP, Professor of Psychology, BGSU

Committee Members: Dr. William O'Brien, Dr. Catherine Stein, & Dr. Michael Zickar

Role: Principal Investigator

- Expanded Meta-Analysis on Religious Trauma/Spiritual Abuse/interpersonal Adverse Religious & Spiritual Experiences (RT/SA/iARSE) and Health Outcomes.

Bowling Green State University (BGSU), PhD Student, Research Methods Project

Fall 2023 – Spring 2024

Supervisor: Dr. William O'Brien, PhD, ABPP, Professor of Psychology, BGSU

Role: Principal Investigator

- Meta-Analysis on Religious Trauma/Spiritual Abuse (RT/SA) and Health Outcomes.

Wayne State University, Center for Urban Studies (CUS)

April 2023 – August 2023

Supervisor: Kasyera Kowalczyk, CATI Survey Lab Manager for the Center for Urban Studies

Faculty Advisor: Charo Hulleza, MPA, Managing Director for the Center for Urban Studies

Role: Research Technician (Temporary Employee)

- Tele-surveying for state contracted research on parents' experience with state programs supporting their children with special needs for the Michigan Department of Education in the CATI (Computer Assisted Telephone Interviewing) Lab.

University of Notre Dame, Chicago Congregations Project (CCP)

September 2022 – February 2023

Supervisor: Dr. Kraig Beyerlein, PhD, Professor of Sociology, Director of Center for the Study of Religion and Society

Role: Research Assistant (Independent Contractor)

- Manual Entry of available online data of Chicago Congregations.
- Physical canvassing to geo-code Chicago Congregations.
- Stakeholder in survey development for second phase of CCP.
- Project funded by grant awarded to University of Notre Dame, University of Illinois Chicago, and University of Chicago.

University of Michigan, [IRWG](#), Global Feminisms Project

January 2022 – September 2023

Faculty Supervisor: Dr. Abigail Stewart, PhD, Professor of Psychology & Women's Studies

Role: Research Assistant (Independent Contractor)

Title: Global Feminisms Project

- Content Development for Historical Timeline Development of Italy, specifically researching events in Italian national and women's history.

- Annotating interviews of Italian Feminists.
- Transcribed seven interviews of Global Feminists.

Northwestern University, Feinberg School of Medicine, ChicagoCHEC

June 2022 – August 2022

Supervisor: Maggie Nava, MPH, ChicagoCHEC Program Director

Role: Senior Research Fellow

- Chosen as one of three Senior Fellows to supervise cohort of 27 Research Fellows for ChicagoCHEC, an intensive, full time eight-week program training advocates for health equity in cancer research. This is a collaborative program between Northwestern University, UIC, Northeastern Illinois University, City Colleges of Chicago, and other Community Colleges of the Chicago to help underrepresented students reach their goals of graduate and medical school.

University of Michigan, Psychology and Women's & Gender Studies

July 2021 – January 2022

Supervisor: Jessica Kiebler, PhD Candidate, Joint Program in Psychology and WGS

Faculty Advisor: Dr. Abigail Stewart, PhD, Professor of Psychology and Women's Studies

Role: Research Assistant (Independent Contractor)

Title: Cues to Defining Social Class

- Assisting Primary Investigator by developing codes, coding survey responses, and literature review development.

University of Michigan, Psychology and Women's & Gender Studies

Spring 2021 – Summer 2021

Supervisor: Allura Casanova, PhD Candidate, Joint Program in Psychology and WGS

Role: Research Collaborator/Project Manager

Title: Sexual Harassment of Men of Color: Measure Development Project

- Tasked with ongoing delegation of projects' Research Assistants.
- Mentor to Research Assistants for career development as well as first contact for IRB protocol application.
- Assisting Primary Investigator in IRB application, Interview Questionnaire Development, Proposal Editing, as well as scheduling, brainstorming, Project Coordinator of partnering institution, and other administrative items.

University of Illinois at Chicago, School of Public Health, Community Health Sciences Division

Fall 2020 – June 2021

Supervisor: Yamilé Molina, PhD, Associate Professor of Community Health Sciences

Role: Research Assistant (RA)

Title: Offering African-American Survivors Increased Support (OASIS) Study

- Executed thematic data analysis for an NIH-funded study examining the effects of the

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- Patient Navigation in Medically Underserved Areas (PNMUA) to the participants' social support network, healthcare, and health outcomes.
- Conducted data management using qualitative analysis by coding for several themes in the matrices of survey responses.
- Assistantship funded by the LEaP (Laboratory Experiences and Programs) at ChicagoCHEC (Chicago Health Equity Collaborative).

Northeastern Illinois University, Department of Psychology

Spring 2020 – Spring 2021

Supervisor: Amanda Dykema-Engblade, PhD, Associate Professor of Psychology & Chair

Role: Primary Investigator (PI)

Title: Employing Critical Race Theory to Explore the Effects of Hegemony in U.S. Curricula of Undergraduate Students' Attitudes on Privileges and Oppression

- Developed my first independent project exploring hegemony in U.S. education curricula using critical race theory for my Honors Thesis Independent Study.
- Employed a mixed-methods analysis calibrating the dearth of hegemony in curricula and the effects on students' attitudes in terms of unique forms of discrimination different people may experience depending on their perceived social identities.
- Managed recruitment of institution-wide survey by emailing professors across departments to consider offering extra credit for students' participation resulting in representation of 17 different majors in sample.
- Administered and transcribed eight semi-structured audio interviews regarding participants' experiences in education and curricula exposure.
- Acquired grant funding and managed payment for audio- interviewed participants.
- Developed Hegemony Questionnaire Scale and Modified Privilege and Oppression Inventory (POI) Scale originally developed by Hays, Chang, & Decker (2007)
- Created surveys using Qualtrics and managed dissemination through email and Sona Systems for over 100 participants.

Northwestern University, Feinberg School of Medicine, ChicagoCHEC

Summer 2020 – Fall 2020

Supervisor: Maggie Nava, MPH, ChicagoCHEC Program Director

Role: Co-Investigator (CI)

Title: Effects of Current Healthcare System to Accessing Pap Smears for Black Women in Chicago

- Co-wrote the literature review for this proposal, led outreach in contacting local organizations for collaboration and intervention development purposes, and presented at the ChicagoCHEC research symposium.
- Co-wrote the abstract accepted and presented with colleagues to the Health Equity & Social Justice 2020 Conference.

Northwestern University, Feinberg School of Medicine, ChicagoCHEC

Summer 2020 – Fall 2020

Supervisor: Maggie Nava, MPH, ChicagoCHEC Program Director

Role: Research Fellow

- “Participated in a summer intensive experience that prepares individuals for careers in social, behavioral, and biomedical research and in healthcare. During the intensive 8-week program, fellows will meet with leading scholars in basic, clinical, translational, prevention, control, behavioral, and population research over a course of research rotations at Northwestern University, the Robert H. Lurie Comprehensive Cancer Center, the University of Illinois at Chicago, and the University of Illinois Cancer Center, and Northeastern Illinois University.” (see program biography: <https://chicagochech.org/>).

Northeastern Illinois University, Department of Psychology

Spring 2020

Supervisor: Maureen W. Erber, PhD, Professor of Psychology

Role: Primary Investigator (PI)

Title: The Effects of Multiple Identities on Open-Mindedness of College Students

- Led research group investigating whether priming awareness of one’s multiple identities increases open-mindedness in social psychology laboratory course.
- Primary author and editor of all project materials including the university’s symposium accepted abstract.
- Navigated participants throughout the procedure, including obtaining informed consent, administering surveys, debriefing, and participation credit management using the department-affiliated Sona System software.

Northeastern Illinois University, Departments of Psychology and Education

Spring 2020

Supervisor: Eleni Makris, PhD, Associate Professor of Education & Interim Chair

Role: Co-Investigator (CI)

Title: Analysis of University Culture and Grit on Undergraduate Student Academic Performance and Retention in a Minority Serving Institution

- Funded position as a co-investigator through NEIU community research grant.
- Implemented recruitment methods, contributing editor for IRB amendment, and conducted focus group interviews which asked students to share challenges and supports they faced during their first year at the university.
- Developed abstract with team which was accepted to 32nd APS Annual Convention using archival research from previous phases of study.

Northeastern Illinois University, Department of Psychology

Spring 2019

Supervisor: Lisa Hollis-Sawyer, PhD, Associate Professor of Psychology

Role: Primary Investigator (PI)

Title: Imbalanced Research in Psychology: Religion as a Source of Trauma on Gender and Sexual Minorities

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- Written for Honors Adapted course, Psychological Development of Women, and later published in the Undergraduate Journal of Psychology at Berkeley.
- Conducted a literature review on religious trauma with a focus on investigating the gap that exists in psychological research using theories of intersectionality and social identity as the framework. This review explored plausible reasons for this disproportionate gap of religion as a source of harm rather than healing and the effects of this phenomenon on relevant minorities.

Northeastern Illinois University, Department of Psychology

Spring 2019

Supervisor: Lisa Hollis-Sawyer, PhD, Associate Professor of Psychology

Role: Primary Investigator (PI)

Title: Theoretical Intervention for Religious Trauma: Exploring Religious Trauma, Gender, and Institutional Distrust

- Written for Honors Adapted course, Psychological Development of Women.
- Explored the few existing interventions for religious trauma (or religious harm) and proposed a new intervention asserting the idea of a non-profit community center using a community-activist, critical, woman-of-color feminist approach.

Northeastern Illinois University, Department of Psychology

Spring 2019

Supervisor: Lisa Hollis-Sawyer, PhD, Associate Professor of Psychology

Role: Primary Investigator (PI)

Title: An Interview on the Relationship Between Religious Trauma and Gender Roles

- Written for Honors Adapted course, Psychological Development of Women.
- Obtained IRB approval for participant interview.
- Investigated the participant's experience with religious control, emotional coping, and individual value (as opposed to collective) as a person that disclosed having religious trauma in her experience as a woman in a Jehovah's witness community.
- Developed interview questions, conducted interview (informed consent & debriefing), and transcribed the interview audio for qualitative analysis.

OTHER WORK EXPERIENCE

Teaching/Tutoring

PSYC 4050: Abnormal Psychology Teacher's Assistant (TA), Bowling Green State University

January 2024 – April 2024

- As part of my graduate assistantship, I served 10 hours/week as a TA to Dr. Renee Brott. My role included creation of case study assignments, lecturing, grading, exam proctoring, discussion board monitoring, and email correspondence.

PSYC 3100: Psychology of Lifespan Development Teacher's Assistant (TA), Bowling Green State

University

January 2024 – April 2024

- As part of my graduate assistantship, I served 10 hours/week as a TA to Dr. Renee Brott. My role included grading, exam proctoring, discussion board monitoring, and email correspondence.

PSYC 3290: Developmental Psychology Lab Teacher's Assistant (TA), Bowling Green State University

January 2024 – April 2024

- As part of my graduate assistantship, I served 10 hours/week as a TA to Dr. Yiwei Chen. My role included grading, exam proctoring, discussion board monitoring, email correspondence, as well as leading all weekly lab lectures in place of main instructor. Additionally, I analyzed data collected for class-related research projects, attended, and provided hands-on training during lectures regarding instruction of SPSS software, reviewed and graded all assignments (IRB application, etc.) and student research papers, and directed students to additional resources provided within the department and university to assist them in their undergraduate career development.

PSYC 3090: Psychology of Lifespan Development Teacher's Assistant (TA), Bowling Green State University

January 2024 – April 2024

- As part of my graduate assistantship, I served 10 hours/week as a TA to Dr. Yiwei Chen. My role included grading, exam proctoring, discussion board monitoring, email correspondence, as well as leading lecture in place of main instructor.

PSYC 3040: Psychology of Adolescent Development Teacher's Assistant (TA), Bowling Green State University

August 2023 – December 2023

- As part of my graduate assistantship, I served 10 hours/week as a TA to Dr. Meagan Docherty. My role included grading, exam proctoring, discussion board monitoring, email correspondence, as well as leading lecture in place of main instructor.

PSYC 302: Statistics & Research Methods II Peer Leader, Northeastern Illinois University

June 2019 – December 2019

- Using the peer led team learning (PLTL) model, I was selected as one of the Psychology Department peer leaders for Statistics and Research Methods II course at NEIU for the summer and fall semesters. Within this role, I conducted guest lectures for in-class workshops, held weekly out-of-class workshop sessions, exam review sessions, office hours, and coordinated with instructors to ensure alignment of in-class and out-of-class material. Additionally, I analyzed data collected for class-related research projects, attended, and provided hands-on assistance during lectures regarding instruction of SPSS software, assisted in review and grading of assignments and student research papers, and directed students to additional resources provided within the department and university to

assist them in their undergraduate career development.

PSYC 200: General Psychology Peer Leader, Northeastern Illinois University

August 2018 – May 2019

- I served as a Psychology Department peer leader using the PLTL model for the General Psychology course at NEIU. Students must show exemplary performance when taking this course to be considered as a peer leader after completion of the class. This role enabled me to lead groups of students through various activities during class time once a week throughout the semester as well as sit on a panel to help assess their final group project of the semester. I met with the coordinator of the peer leader program once a week to prepare for the class sessions and held office hours weekly to meet with students outside of class to assist them with their coursework and studying habits. I completed this role for three different professors teaching General Psychology over the course of two consecutive semesters.

Board Positions

Psychology Advisory Board Member, ProQuest: part of Clarivate

April 2023 – April 2025

- Student board member advisor providing peer review and evaluation of new products' proposals, insight on usability and functionality of products and services, procuring relevant information as needed, advising on new developments in teaching, research, and information technologies, and participation in monthly board meetings for a two-year term.

Program Coordination/Development

Peer Leader Coordinator, Northeastern Illinois University

August 2020 – May 2021

- Charged with coordinating psychology professors and peer leaders (PLs) affiliated with the PLTL program. In this role I manage the programs' spreadsheets, coordination between stipend officer and PLs, scheduling out-of-class PL sessions, onboarding new PLs, surveying for program feedback, virtual training (Zoom), and program enhancement for both general logistics and DEI progress.

Consulting Work

Administrative Consultant Work for Certification Trade, Life Yoga LLC

May 2023 – August 2023

- In agreement with the co-owners of the yoga studio, Life Yoga LLC, as an administrative consultant in exchange for my certification through their yoga teacher training (YTT). Specifically, I helped navigate personnel issues through mediation, developed payment contracts, managed communication for students of the YTT program through email,

managed scheduling for Lead Teachers, took minutes for weekly meetings, edited handouts for YTT Manual, and assisted co-owner through teaching them organization tactics including ToDoist, Google Workspace, Slack & Dropbox.

Yoga Instruction

Doctoral GroupX Fitness Instructor Weekly Semester Schedule, BGSU RecWell Center

August 2023 – December 2025

- Taught Vinyasa Flow (All levels/Intermediate Level):
 - o Energize your yoga practice with this dynamic Ashtanga-based Vinyasa flow using breath and movement to sync mind and body. Each fast-paced, exhilarating session concludes with the freedom to explore your 'freestyle flow,' promoting physical strength and mental resilience utilizing Sun Salutation A, B, and "C" or main flow. Length: 45- or 60-minutes. Frequency: 1x, 2x/wk
- Taught Slow Burn (All levels/Intermediate Level):
 - o “Build heat slowly and move your body with ease, enjoying a deeper stretch with less resistance while strengthening your core to embark on a journey within, improve your listening skills, and build trust with your body and mind” ([Life Yoga Studio](#)). Length: 60-minutes. Frequency: 1x/wk. starting Fall 2024 semester

Mentorship as Doctoral GroupX Fitness Instructor Mentorship, BGSU RecWell Center

January 2025 – December 2025

- Overseeing mentorship/onboarding of new yoga teacher/GroupX Fitness Instructor, Kate Jeremay

October 2024 – December 2024

- Overseeing mentorship/onboarding of new yoga teacher/GroupX Fitness Instructor, Kendal Graler.

GroupX Fitness Instructor Private Events/Subbing, BGSU Campus

September 26th, 2025 | 5:30pm class

- Designed and taught the following free Lady Gaga themed community class, “Go YoGAGA” for the BGSU Office of Health & Wellness at the request of Karyn Smith, Vinyasa Yoga (Intermediate/All Levels). One-time event: 60-minute format.

September 3rd, 2025 | 12:00pm class

- Subbing Pilates (45-minute format) for GroupX Fitness Instructor, Lauren Pierce.

December 5th, 2024 | 9:00pm class

- Designed and taught the following private class for the BGSU Office of Health & Wellness at the request of Karyn Smith, Restorative Yoga (Beginner Level). One-time event: 45-minute format.

November 26th, 2024 | 12pm classes

- Subbing Chair Yoga (45-minute format) and Strong Flow Yoga (45-minute format) for GroupX Fitness Instructor, Nailya.

October 29th & 31st, 2024 | 12:00pm class

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- Subbing Pilates (30-minute format) for GroupX Fitness Instructor, Ashley Welling.

October 2nd, 2024 | 6:00pm class

- Designed and taught the following private class for the BGSU Thompson Scholarship program at the request of Emilee Marie Inkrott, Yin Yoga (Beginner Level). One time event: 45-minute format.

September 24th, 2024 | 7:30pm class

- Designed and taught the following private class for the BGSU Center for Women & Gender Equity at the request of Kori Koschalk-Newmister, Slow Flow Yoga (Beginner Level). One-time event: 60-minute format.

February 15th, 2024 | 11:00am class

- Designed and taught the following private class for the BGSU Women's Volleyball team at the request of Karyn Smith, Restorative Yoga (Beginner Level). One-time event: 45-minute format.

November 27th, 2023 | 7:30pm class

- Designed and taught the following private class for the Self-Love Club (SLC) at the request of the SLC President, Emily Caroline Behm, Basic Hatha Flow (Beginner Level). One-time event: 60-minute format.

October 17th, 2023 | 6:00pm class

- Designed and taught the following private class for the Honors Learning Community (HLC) at the request of HLC Graduate Assistant, Marina Pennycuff, Halloween Themed Basic Hatha Flow (Beginner Level). One-time event: 60-minute format.

Yoga Teacher, Life Yoga LLC

March 14, 2025

- Co-lead "Free Flow Friday | Feel the Beat Electronic x Pop Hot Yoga Party!" with Pamela Goff: a dance-inspired vinyasa yoga flow.

May 2023 – December 2023

- Taught community classes (All levels/Basic) at The Harbours Apartment Complex and Assisted with Sun Salutations and hands-on adjustments for yoga teachers Erica Schumaker, Jeni Rae Robinson, and Pamela Goff in aerial yoga, ashtanga yoga, and hot vinyasa yoga formats at Life Yoga Studio.

SERVICE

Voluntary Mentor for SSSR (Society for Scientific Study of Religion) Undergraduates/Post-Bacs

Fall 2025 - Present

- Mentor for Emily Kornelsen. Meet bi-weekly or as needed to discuss career development, well-being strategies, research assistance training, mock interviews, and provide guidance/resources.
-

Book Review for Surviving the Cult was Only Half the Battle

December 2024

- Wrote book review for Beth Granger.

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Voluntary Mentor for BGSU Undergraduates/Post-Bacs

Fall 2024 - Present

- Mentor for Gabbie Grotelueschen, Lydia Dill, Jules Zentz, Emily Meyer, and Abby (Siyuan) Wang. Meet bi-weekly or as needed to discuss career development, well-being strategies, research assistance training, mock interviews, and provide guidance/resources.

BGSU Student Member/Leader for Exercise is Medicine on Campus (EIM-OC)

August 2024 – August 2026

- Attend all committee meetings as EIM-OC Leadership Team Student Leader with the mission to provide healthy options to the BGSU and surrounding communities. Teach yoga sessions for private clubs on campus.

Vice Chair for [Reclamation Collective](#) Board of Directors

January 2024 – December 2026

- Chair of Resources and Research Committee (2025-2026). Attend Executive Committee meetings monthly or as needed (2025-2026). Attend all board meetings (monthly 90-minute meetings) (2024-2026). Member of Programs Committee (2025). Member of Fundraising & Grants Committee. Assisted Comunidad Fiesta Fundraiser in Minneapolis, Minnesota and writing grant applications (2024). Member of RRAA Committee (2024).

DEI Committee Member for Psychology Department at BGSU

Fall 2023 – Fall 2025

- Attends bi-annual committee meetings. Volunteer mentor/resource for prospective students.

First-Year PhD Student Appointed Representative Graduate Student Senate Executive Committee (SEC) Member

September 2023 – May 2024

- Attends monthly General Assembly and SEC meetings as the First-Year PhD Student-Appointed Representative. Co-Chair for Financial Issues Task Force. Occasionally serve as Proxy for GSS President at Faculty SEC. Collaboration with GSS SEC Academic Affairs Representative on BGSU Climate regarding raising awareness on campus of Palestinian genocide (Understanding and Combatting Islamophobia: How to Create a Safe Space & Support Our Campus Communities on February 29, 2024, Panel Presentation on March 13, 2024, & Storytelling Event on March 20, 2024).

Voluntary Mentor for RAs in Chromatic Lab (PI: Allura Casanova, MA)

Summer 2021- Summer 2023

- Mentored former RAs: Alyan Layug and Angela Brown. Both recent undergraduates that come from minority backgrounds, in Chromatic Lab at University of Michigan. Periodically meet to discuss career development and provide guidance/resources.

North American Research Collective – Religious Trauma ([NARC-RT](#)) Non-profit Organization

March 2021-Present

- Co-founder of NARC-RT, a non-profit organization formally registered in 2023. Prompted

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a paper collaboration in 2021 which evolved into a collective of researchers desiring to bring light to the millions of individuals across religions who experience or have experienced religious harm and potentially religious trauma through interdisciplinary, intersectional scholarship and praxis.

Northwestern University ChicagoCHEC NCI Program Steering Committee – Alumni Feedback

February 23, 2023

- Engaged in Q&A with Program Steering Committee members regarding my experience as a ChicagoCHEC Summer Research Fellow in 2020 for purposes of program development and enhancement as well as my role as a Senior Research Fellow in Summer of 2022.

K(NO)W MORE Program at Northeastern Illinois University – Volunteer

August 2022- Summer 2023

- Steering Committee Member, Bystander Intervention Trainer, Psychology Department Liaison.

Voluntary Mentor for Research Fellows from ChicagoCHEC 2022 Cohort

Summer 2021- Present

- Mentor for three Research Fellows: [Gabriella Ballestas](#), Mina Seals, and [Leslie Diaz](#), who are all current undergraduates or recent post-baccalaureates that come from minority backgrounds aiming to go to graduate school or medical school.

Northwestern University ChicagoCHEC NCI Program Steering Committee – Alumni Feedback

March 7, 2021

- Engaged in Q&A with Program Steering Committee members regarding my experience as a ChicagoCHEC Summer Research Fellow in 2020 for purposes of program development and enhancement.

Editor for Children’s Book About Being Biracial: My Name is Jaidee.

August 2021

- Edited script for Children’s book about being Biracial for authors, Ornuma and Jaidee Panmune.

Center for Positive Sexuality (CPS) – Volunteer Educator

Spring 2021 – Fall 2021

- Took lead for webinar development on Open and Honest Communication, one of the eight dimensions central to positive sexuality developed by CPS. Responsible for script, planning, panelist recruitment, and overall organization.
- Joined committee tasked with developing and promoting CPS’ certification program.

Resume/Letter of Recommendation/Paper Consultant

2019 – Present

- Peers with parallel or less academic training than I asked for assistance with editing papers, and job/program application materials (Joe Jefferies, Alex Lopez).
- Additionally, I have written letters of recommendation for peers/mentees (Mina Seals &

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Kai Ecker for example) applying for various opportunities as well as my mentor, Sociology Department Chair, Dr. Olivia Perlow, at Northeastern Illinois University.

Voluntary Mentor for Research Assistants in Chromatic Lab (PI: Allura Casanova, MA)

Summer 2021- Present

- Mentor for former RAs: Alyan Layug and Angela Brown. Both recent undergraduates that come from minority backgrounds, in Chromatic Lab at University of Michigan. Periodically meet to discuss career development and provide guidance/resources.

NEIU Psychology Department Alumnus Consultant for External Review

February 2021

- Attended meeting with other alumni to answer questions from an external reviewer assessing the NEIU Psychology Department

NEIU Student Research & Creative Activities Symposium – Steering Committee Member

Spring 2021

- Accepted request to serve on the steering committee as an Honors student representative from Honors Program Director.
- Attended and actively participated in zoom meetings, and in email correspondence, and assisted in managing google drive for symposium.

Social Change Film Festival – Lead Moderator

October 2020

- Led the Mental Health Film Block in October for a live virtual event where I moderated with support from a team for the duration of the two-hour live stream for Social Change, a national non-profit which amplifies community voices often disrupted by systemic injustice and discrimination.

Church Advisory Committee Member – DEI (Diversity, Equity, and Inclusion) Consultant

Fall 2020

- Read over committee member's proposal for upcoming meeting using intersectional feminist lens and recommended critical approach aiming for more diversity, equity, and inclusion within their religious institution.

Student Advisory Panel for NEIU Goodwin Lecture Series – Committee Member

Spring 2020

- Rallied students together in protest of paid invitation to former White House Press Secretary Sean Spicer of the Trump administration to speak on a panel at Northeastern Illinois University (NEIU), which prides itself as being a safe haven for undocumented students and other oppressed groups. Committee assembled to give voice to students who felt endangered by this invitation.

Student Takeover of NEIUlife Instagram – Student Representative

Fall 2019

- Nominated by Women's, Gender, & Sexuality Studies (WGSS) Department for NEIUlife

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Instagram Takeover for GivingTuesday Fundraiser. Met with marketing administrators to discuss contract and protocols in preparation. Created and posted content supporting the WGSS department.

NEIU Race and Ethnic Relations Course – Resistance Group Leader

Fall 2019

- Nominated by nine students who opted for an alternative activist resistance project in a 300-level sociology Race & Ethnic relations course. Position required coordination between the professor and group members, checking in with members regarding project proposals, and keeping them abreast of activist opportunities on campus.

NEIU Student-Led Group “Killjoys Against White Supremacy” – Co-Founder

Fall 2019

- Co-founded a student-led group met weekly to discuss white supremacy within NEIU and how to combat this issue. Hosted a Micro-Aggressions 101 on-campus event.
- Collaborated with other student groups on campus to protest Sean Spicer coming to speak at NEIU, connected professional activist groups with NEIU faculty and student groups to supply safety marshal training and materials (e.g. safety vests, megaphones), and co-led recruitment of students and professors with other student group leaders.
- Invited to attend Student Leadership Committee Meeting with NEIU President Gloria Gibson post-protest to discuss students’ expectations of administration moving forward. Consulted with multiple faculty members to create an itemized list of issues to bring to the meeting. Resulted in creation of Student Advisory Committee for the Goodwin Lecture Series (which funded Sean Spicer’s event).

CERTIFICATIONS & PROFESSIONAL SKILLS

Acceptance and Commitment Therapy Training with Dr. William O’Brien	Nov. 2024
Cultivating Well-Being & Resilience through Vicarious Trauma Informed Approach Training by Barbara Rubel, MA, B.C.E.T.S.	Sept. 2024
Awareness, Courage, & Love: Functional Analytic Psychotherapy Training by Dr. Serena Wong	Dec. 2023
American Red Cross: Certified in Adult First Aid/CPR/AED	
Yoga Teacher Training 200-hr. at Life Yoga, Detroit MI	2023 – 2025
Certified in Collaborative Institutional Training Initiative (CITI Program)	Sept. 2023
K(NO)W MORE Bystander Training Intervention: “Train the Trainer”	2019 – 2024
Seminar: Straight White American Jesus (SWAJ)	February 2023
Completion of Senior Seminar in R	Summer 2022
Trained as Undocumented Student Ally at NEIU	Spring 2020
Certificate of Attendance: Healing from Religious Harm Seminar	March 2020
Registered Behavior Technician: Center for Autism & Related Disorders	April 2019
Certified in Aggressive Behavior Management	Spring 2018
Proficiency in SPSS & Qualtrics	Ongoing
Intermediate speaking/reading proficiency in Portuguese	Spring 2018

MEMBERSHIPS

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Association for Black Psychologists	Dec. 2023-24
Society for Community Research and Action (SCRA)	Dec. 2022-23
Society for Scientific Study of Religion (SSSR)	Dec. 2022-25
Alpha Chi: National College Honor Society	No Expiration
PSI CHI: International Honor Society in Psychology	No Expiration
American College of Sports Medicine	Mar 2025-26

REFERENCES

[Dr. William O'Brien](#), wobrien@bgsu.edu; 419.372.2974
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[Dr. Amanda Dykema-Engblade](#), a-dykema-engblade@neiu.edu; 773.442.5848
[Dr. Naida Silverthorn](#), n-silverthorn@neiu.edu; 773.442.5853
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