**Hannah J. Holmes**

Curriculum vitae

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**EDUCATION**

**PhD. in Clinical Psychology,** Wayne State University 2019 (anticipated)

Dissertation (in progress): Arab American women’s health study: Correlational and

experimental examination of a sexual health interview

Advisor: Mark A. Lumley, Ph.D.

Clinical Internship: The Ohio State University Wexner Medical Center

**M.A. in Clinical Psychology,** Wayne State University 2016

Thesis: Ambivalence over emotional expression, social constraints, and trauma as

moderators of emotional awareness and expression training for individuals with irritable bowel syndrome

**B.A. in Psychology,** Cedarville University 2013

Minors: Honors program & philosophy

**Visiting Student,** University of Oxford, Wycliffe Hall Fall 2011

 Philosophy and Psychology

**RESEARCH EXPERIENCE**

**Principal Investigator** May 2016-December 2017

“Rape Aggression Defense (RAD) Program Evaluation”

Wayne State University Police Department

Principal investigator of a study examining how mental and physical health change in response to participating in a 4-session self-defense course for women, offered by the Wayne State Police Department.

**Research Assistant** January 2016-May 2018

“Psychological Treatment for Chronic Pain, Mood and Anxiety Disorders: Evidence-Based Practice for Persons with Co-Occurring Disorders”

Tolan Park Research Clinic, Wayne State University

Assisting with a randomized clinical trial of an emotional awareness and expression interview among patients with comorbid pain, substance use, and mood and anxiety disorders. Responsibilities include recruiting, consenting, interviewing, and scheduling participants in the study; assisting with the development of training and evaluation materials for therapists delivering the intervention; and conducting individual and group therapy sessions.

**Research Assistant** July 2014 – December 2015

“Life Stress Interview for Chronic Pelvic Pain”

Women’s Urology Center, Beaumont Hospital, Royal Oak, MI

Assisted with a randomized clinical trial of a life stress interview among women with urogenital pain. Responsibilities included recruiting, consenting, and scheduling participants in the study, and serving as a therapist, conducting individual clinical interviews with participants.

**Project Coordinator** May 2014 – May 2015

“Stress Management for Irritable Bowel Syndrome”

Wayne State University Stress and Health Lab

Managed recruitment and scheduling for a clinical trial of psychological interventions for irritable bowel syndrome.

**Survey Research Center Summer Internship** Summer 2013

University of Michigan, Ann Arbor, MI

Life Course Development Program at the Institute for Social Research

Advisor: Kira Birditt, PhD

Responsibilities included assisting with research for literature reviews, editing and proofreading manuscripts and grant proposals, and analyzing data.

**Undergraduate Research Assistant** Summer 2012

Wayne State University Close Relationships Lab

Advisor: Rich Slatcher, PhD

Responsibilities included recruiting research participants and conducting experimental sessions for a couples study.

**Undergraduate Research Assistant** Spring-Fall 2012

Spring 2012 and Fall 2012 RA for Dr. Michael Firmin, Cedarville University, Cedarville, OH

Responsibilities included collaborating with a team of students and faculty to interpret data, generate manuscripts, and submit the research projects to peer-reviewed journals for publication.

**PEER-REVIEWED PUBLICATIONS**

1. Carty, J. N., Ziadni, M. S., **Holmes, H. J.**, Tomakowsky, J., Peters, K., Schubiner, H., & Lumley, M. A. (in press). The effects of a life-stress, emotional awareness and expression interview for women with chronic urogenital pain: A randomized controlled trial. *Pain Medicine*.
2. **Holmes, H. J**., Thakur, E. R., Lumley, M. A., Carty, J. N., Ziadni, M. S., Doherty, H. K., Lockhart, N. A., & Schubiner, H. (2018). Ambivalence over emotional expression and perceived social constraints as moderators of relaxation training and emotional awareness and expression training for irritable bowel syndrome. *General Hospital Psychiatry, 53,* 38-43.
3. Thakur, E. R., **Holmes, H. J**., Lockhart, N. A., Carty, J. N., Ziadni, M. S., Doherty, H. K., Lackner, J. M., Schubiner, H., & Lumley, M. A. (2017). Emotional awareness and expression training improves irritable bowel syndrome: A randomized controlled trial. *Neurogastroenterology and Motility.*
4. Welker, K. M., Baker, L., Padilla, A., **Holmes, H.**, Aron, A. P., & Slatcher, R. B. (2014). Effects of self-disclosure and responsiveness between couples on passionate love within couples. *Personal Relationships, 21,* 692-708.
5. Firmin, M., Lee, A. Firmin, R., Deakin, L., & **Holmes, H**. (2013). Qualitative perspectives toward prostitution's perceived psychological addictiveness. *Journal of Behavioral Addiction, 1*, 1-8*.*
6. Firmin, M., **Holmes, H**., Firmin, R., & Merical, K. (2013). Personal and cultural adjustments involved with an Oxford study abroad experience. *Procedia – Social and Behavioral Sciences, 89,* 555-558.
7. Firmin, M**.**, **Holmes, H**., Orient, K., & Firmin, R. (2013). BlackBerry versus Apple Users: A qualitative-comparative analysis. *International Journal of Information and Operations Management Education, 5,* 241-254.
8. Firmin, M., Wantz, R., Stoltzfus, M., Ray, B., **Holmes, H.**, & Geib, E. (2012). Undergraduate college students’ perceptions of psychiatric nurses. *Issues in Mental Health Nursing, 33,* 769-776.
9. Firmin, M., Wantz, R., **Holmes, H.,** Stoltzfus, M., Ray, B., & Geib, E. (2012). Undergraduate college students' perceptions of psychologists. *North American Journal of Psychology, 14*, 371-382.

**WORKS SUBMITTED**

1. **Holmes, H. J.**, Sala-Hamrick, K. J., Pegram, S. E., Evans, E., Wilton, J., Lumley, M.A. Rape Aggression Defense class: Physical, psychological, and interpersonal benefits among women with and without trauma histories.

**CONFERENCE PRESENTATIONS**

1. Krohner, S., **Holmes, H. J.**, Yamin, J. B., Lumley, M. A. (2019). *Somatic and depressive symptoms in Arab American Women: The influence of religion on social and emotional risk factors.*Poster to be presented at the 77th Annual Meeting of the American Psychosomatic Society, Vancouver, BC.
2. **Holmes, H. J.**, Yamin, J. B., Krohner, S., & Lumley, M. A. *Arab American women’s health study: Correlational and experimental examination of a sexual health interview.* Poster accepted to be presented at the 40th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, March 6-9, 2019, Washington, D.C.
3. **Holmes, H. J**., Carty, J. C., Lumley, M. A., Tomakowsky, J., Pegram, S. E., Dove-Medows, E., & Peters, K. (May, 2016). *Self-Sacrificing moderates the relationship between emotional distress and pain among women with chronic urogenital pain.* Presented at the 35th Annual Scientific Meeting of the American Pain Society, Austin, TX. Abstract reprinted in *The Journal of Pain,* 17, S101.
4. Carty, J. C., Lumley, M. A., **Holmes, H. J**., Tomakowsky, J., Pegram, S. E., Dove-Medows, E., & Peters, K. (May, 2016). *The effects of a stress and emotion interview for women with urogenital pain: A randomized trial*. Presented at the 35th Annual Scientific Meeting of the American Pain Society, Austin, TX. Abstract reprinted in *The Journal of Pain,* 17, S100.
5. Thakur, E. R., Lumley, M. A., **Holmes, H. J.,** Lockhart, N. A., Carty, J. N., Ziadni, M. S., Doherty, H., Lackner, J. M., & Schubiner, H. (July, 2015). *Effects of Emotional Awareness and Expression Training versus Relaxation Training for people with irritable bowel syndrome: A randomized trial.* Poster presented at the James W. Freston Single Topic Conference - A Renaissance in the Understanding and Management of IBS, Chicago, IL.
6. **Holmes, H.,** Thakur, E., Carty, J., Ziadni, M., Lockhart, N., Doherty, H., & Lumley, M. (August, 2015). *Unresolved stress and emotional processes in irritable bowel syndrome.* Poster presented at the American Psychological Association Annual Convention, Toronto, ON.
7. **Holmes, H.,** Thakur, E., Carty, J., Ziadni, M., Lockhart, N., Doherty, H., & Lumley, M. (2015, March). *Unresolved stress and emotional processes in irritable bowel syndrome.* Poster presented at the Wayne State University Graduate Exhibition, Detroit, MI.
8. Hwang, C., **Holmes, H.**, & Balkus, A. (2013, May). *An Empirical Study of Attitudes toward*

*Women Managers among Conservative Christian University Students.* Poster presented at the Association for Psychological Science 25th Annual Convention, Washington, D.C.

1. Firmin, M., **Holmes, H**., Firmin, R., & Merical, K. (2013, February). *Personal and cultural adjustments involved with an Oxford study abroad experience*.  Paper presented at the 2nd Cyprus International Conference on Educational Research, Lefkosa, Cyprus.
2. Firmin, M., Lee, A. Firmin, R., Deakin, L., & **Holmes, H**. (2013, March). *Qualitative Perspectives Toward Prostitution's Perceived Psychological Addictiveness.*Paper presented at the First International Conference on Behavioral Addictions, Budapest, Hungary.
3. **Holmes, H.,** &Ray, B. (2012, October). *Assessing Moral and Religious Belief: A comparison of Cedarville University students and alumni****.*** Poster presented at the Ohio Psychological Association Convention, Columbus, OH.
4. **Holmes, H.,** & Ray, B. (2012, April). *Assessing Belief about the Bible: A study among Cedarville University students and alumni.* Poster presented at the Ohio Undergraduate Psychology Research Conference at Otterbein University, Westerville, OH.

**CLINICAL EXPERIENCE**

**Psychology Intern** July 2018-present

The Ohio State University Wexner Medical Center, Columbus, OH (APA-accredited)

Clinical Health Psychology Track

Providing clinical services in Women’s Behavioral Health, Transplant Psychology, Psychosocial Oncology, and Behavioral Cardiology under the supervision of Kristen Carpenter, PhD, Kristen Kuntz, PhD, Heather McGinty, PhD, and Cheryl Carmin, PhD.

**Student Supervisor** August 2017-June 2018

WSU Psychology Clinic, Detroit, MI

Co-supervise a doctoral student’s psychotherapy cases, as part of a practicum in evidence-based supervision for advanced clinical psychology graduate students. Supervised by Marilyn Franklin, PhD, and Douglas Barnett, PhD.

**Clinician** May 2015-May 2018

WSU Psychology Clinic, Detroit, MI

Maintained a case load of 3-4 therapy clients per week, under the supervision of licensed clinical psychologists, as part of a one-year therapy practica sequence in 2015-2016. Maintained a case load of 1-2 therapy clients per week from 2016-2018. Participated in co-leading group therapy, including Acceptance and Commitment Therapy (ACT) for Weight Management, supervised by John Woodard, PhD, and Dialectical Behavior Therapy (DBT) Skills Group, supervised by Jon Hinrichs, PhD.

**Psychology Practicum Student** August 2016-August 2017

Obesity, Weight Management, and Bariatric Surgery; Transplant Psychology

Henry Ford Health System, Detroit, MI

Conducted comprehensive pre-surgical psychological evaluations for patients preparing for bariatric surgery; co-led bariatric surgery support groups, including a behavioral change and relapse prevention group; and conducted family assessments with liver transplant patients prior to listing for surgery. Supervised by Aaron Hamann, PsyD, and Anne Eshelman, PhD.

**Psychology Practicum Student** January 2015 – July 2016

Beaumont Family Medicine, Troy, MI

Provided brief psychological interventions to patients as part of an integrated care team consisting of physicians, pharmacists, and health psychologists, and consulted with resident physicians on health psychology-related issues. Additionally, maintained a case load of 2-3 therapy clients per week. Supervised by Anne Van Dyke, PhD, and Lori Zeman, PhD.

**Clinician** July 2015 – October 2015

Women’s Urology Center, Beaumont Hospital, Royal Oak, MI

Conducted one-session, 90-minute life stress interviews with women with urogenital pain as part of the research study “Life Stress Interview for Chronic Pelvic Pain” and co-led support groups for women with chronic pelvic pain. Supervised by Jan Tomakowsky, PhD, and Mark Lumley, PhD

**Grow the Field Student Intern** Summer 2012

Genesee Health System (formerly Genesee County Community Mental Health), Flint, MI

Completed a summer internship in the Dialectical Behavior Therapy department under the supervision of Phil Cave, LMSW. Responsibilities included attending weekly team meetings and supervision meetings and assisting the department and agency with research projects and community events.

**TEACHING EXPERIENCE**

**Instructor**, Wayne State University Fall 2016-Summer 2017

 Independent instructor for **PSY 3380**, **Human Sexuality.**

**Instructor,** Wayne State UniversitySummer 2016

 Independent instructor for **PSY 3310, Abnormal Psychology (Web class)**.

**Graduate Teaching Assistant,** Wayne State UniversitySummer 2014

 Instructor for one section of the lab portion of **PSY 3010, Statistics.**

**Graduate Teaching Assistant,** Wayne State UniversityFall 2013-Winter 2014

 Instructor for three sections of the lab portion of **PSY 1010, Introduction to Psychology**.

**Undergraduate Teaching Assistant**  2012-2013

Cedarville University, Cedarville, OH

Fall 2012-Spring 2013 TA for one section of PYCH 2610, Online Statistics.

Responsibilities include tutoring and grading assignments and tests.

**Undergraduate Teaching Assistant** Spring2012

Cedarville University, Cedarville, OH

Spring 2012 TA for two sections of PYCH 1600, General Psychology. Responsibilities included teaching study sessions and grading assignments and tests.

**SERVICE AND LEADERSHIP**

**Assistant to the Director of Clinical Training** January-May 2018

Assisted Wayne State University’s Psychology Department Director of Clinical Training, Mark Lumley, PhD, with preparation of a self-study to be submitted for APA accreditation. Responsibilities included communicating with faculty and staff, organizing, formatting, and compiling materials, and proofreading the final self-study submission.

**APA Society for Health Psychology Student Advisory Council** February 2016-August 2018

**Membership Committee**

Responsibilities include (1) coordinating the student campus representative program; (2) brainstorming and implementing initiatives to promote recruitment of new student members, as well as retention of current student members; (3) assisting in the planning, organization, and promotion of social and networking events aimed at promoting SfHP membership at APA Annual Convention and in various regional locations; and (4) working with the SfHP Membership Committee to promote retention across all levels of membership through the fulfillment of these initiatives and events.

**Vice President of Membership** July 2015-August 2017

Wayne State University Clinical Psychology Graduate Student Organization (CPGSO)

Responsibilities include communicating with student members of the CPGSO, facilitating a peer mentor program, and other administrative duties, such as coordinating office space.

**APA Society for Health Psychology Student Representative** August 2015-August 2016

Responsibilities include serving as a campus representative to provide information and news pertaining to the SfHP to students in my graduate program, as well as promoting SfHP membership among students with health psychology interests, particularly by sponsoring a student event to provide information about membership benefits.

**OTHER RELEVANT EXPERIENCE**

**Copy Editor** March 2013-May 2018

Responsibilities include proofing, engaging authors, and ensuring that all text is ready for accurate quarterly print, including APA format, in the Journal of Ethnographic & Qualitative Research (JEQR) and Journal of Behavioral and Social Sciences (JBSS).

**Peer Tutor,** Academic Enrichment Center**,** Cedarville UniversitySpring 2012

Tutored undergraduate general psychology students.

**Undergraduate Grading Assistant (GA)** Spring 2011

Spring 2011 GA for one section of PYCH 3690, Social Psychology. Responsibilities included holding study sessions and grading assignments and tests*.*

**PROFESSIONAL MEMBERSHIPS**

APA Society for Health Psychology 2016-present

American Arab, Middle Eastern, and North African Psychological Association 2017-present

Association of Psychologists in Academic Health Centers 2018-present

APA Society for the Psychology of Women 2018-present

Society of Behavioral Medicine 2018-present

**ACHIEVEMENTS AND AWARDS**

Summer Dissertation Fellowship, Wayne State University, $5000

Blue Cross Blue Shield Foundation of Michigan Student Award, $3000

Gerald Rosenbaum Clinical Psychology Award, Wayne State University

2017 Rumble Fellowship, Wayne State University

1st place, Student Poster Presentation Award Competition, University of Michigan-Dearborn

Health Psychology Research Symposium

Alumni Scholarship Award, Psychology Department, Cedarville University

President’s Scholarship, Cedarville University

Leadership Scholarship, Cedarville University

**PROFESSIONAL REFERENCES**

**Mark Lumley, PhD**

Distinguished Professor and Director of Clinical Psychology Training

Department of Psychology

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Detroit, Michigan 48202

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**Kristen Carpenter, PhD**

Assistant Professor-Clinical of Psychiatry & Behavioral Health, of Psychology, and of Obstetrics & Gynecology

Director of Women’s Behavioral Health

College of Medicine

The Ohio State University Wexner Medical Center

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**Lori Zeman, PhD**

Associate Professor

Oakland University William Beaumont School of Medicine

Family Medicine Center

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