

Kyrsten Costlow Hill, Ph.D.

Department of Psychology
University of Colorado Colorado Springs
1420 Austin Bluffs Parkway, Colorado Springs, CO 80918
(719) 255-4168 | khill13@uccs.edu

EDUCATION

Postdoctoral Researcher August 2023 – August 2024
Washington University in St. Louis, St. Louis, MO

Internship, Clinical Psychology (APA Accredited) July 2022 – July 2023
VA St. Louis Healthcare System, St. Louis, MO

Ph.D., Clinical Psychology, Geropsychology Concentration (APA Accredited) August 2023
The University of Alabama, Tuscaloosa, AL
Dissertation: *The impact of perceived control on stressor reactivity across adulthood and late life*

M.A., Clinical Psychology, Geropsychology Concentration (APA Accredited) December 2019
The University of Alabama, Tuscaloosa, AL
Thesis: *When less is more: Downsizing, sense of place, and well-being in late life*

B.A., Psychology May 2015
Cornell University, Ithaca, NY

PROFESSIONAL EXPERIENCE

Assistant Professor of Clinical Geropsychology 2024 – Present
University of Colorado Colorado Springs

Licensed Psychologist 2024 – Present
State of Colorado (PSY.0006510) & State of Missouri (2023046465)

UCCS Gerontology Center Faculty Affiliate 2024 – Present
University of Colorado Colorado Springs

REFEREED PUBLICATIONS

Please note that I changed my last name from Costlow to Hill in 2021.
*Authors contributed equally.

Hill, K. C. (2025). Lifetime trauma exposure and trajectories of health and well-being in later life.
Research in Human Development, 1-18. <https://doi.org/10.1080/15427609.2025.2545656>

Hill, K. C., Pfund, G. N., Rule, P., Hill, P. L., James, B., Hassenstab, J., Huisman, M., & Willroth, E. C.
(2025). A coordinated analysis of bidirectional associations between life satisfaction and

cognitive functioning. *Journal of Personality and Social Psychology*.
<https://doi.org/10.1037/pspp0000574>

- Rule, P., Allemand, M., **Hill, K. C.**, & Hill, P. L. (2025). Perceptions of commonly employed healthy aging measures among older lay adults. *GeroPsych*, 38(2). <https://doi.org/10.1024/1662-9647/a000345>
- Hill, K. C.**, Lewis, N., Dewitte, L., Allemand, M., & Hill, P. L. (2025). Giving back to the future: Generativity, future time perspective, and purpose. *International Journal of Behavioral Development*. <https://doi.org/10.1177/01650254241310168>
- Hill, K.C.**, Allemand, M., & Hill, P. L. (2024). Daily limited future time perspective is associated with more health behavior within older adults. *The Journals of Gerontology: Series B*, 79(11), gbae161. <https://doi.org/10.1093/geronb/gbae161>
- Allemand, M., **Hill, K. C.**, & Hill, P. L. (2024). Perceptions of the future and health behavior in adulthood. *The International Journal of Aging and Human Development*, 101(2), 247-262. <https://doi.org/10.1177/00914150241268018>
- *Britton, K., ***Hill, K. C.**, *Willroth, E. C. (2024). Supporting the wellbeing of an aging population: Associations between wellbeing and dementia. In Aknin, L., De Neve, J. E., Helliwell, J., Layard, R. (Eds). *2024 World happiness report*. Sustainable Development Solutions Network.
- Choi, S. L., **Hill, K. C.**, & Parmelee, P. A. (2023). Communication modalities, personality traits, and change in perceived control over social life following onset of the COVID-19 pandemic among older Americans. *Research on Aging*, 46(1), 29-42. <https://doi.org/10.1177/01640275231178809>
- Parmelee, P. A., Behrens, E., **Hill, K. C.**, Cox, B., DeCaro, J., Keefe, F., & Smith, D. (2022). Momentary associations of osteoarthritis pain and affect: Depression as moderator. *The Journals of Gerontology: Series B*, 77(7), 1240-1249. <https://doi.org/10.1093/geronb/gbab221>
- Costlow, K.**, Parmelee, P. A., Choi, S. L., & Roskos, B. (2020). When less is more: Downsizing, sense of place, and well-being in late life. *Journal of Environmental Psychology*, 71. <https://doi.org/10.1016/j.jenvp.2020.101478>
- Costlow, K.**, & Parmelee, P. A. (2020). The impact of relocation stress on cognitively impaired and cognitively unimpaired long-term care residents. *Aging and Mental Health*, 24(1), 1589-1595. <https://doi.org/10.1080/13607863.2019.1660855>
- Bornstein, M. H., Putnick, D. L., **Costlow, K.**, & Suwalsky, J. T. D. (2018). Retrospective report revisited: Long-term recall in European American mothers moderated by developmental domain, child age, person, and metric of agreement. *Applied Developmental Science*, 24(3), 242-262. <https://doi.org/10.1080/10888691.2018.1462090>
- Bornstein, M. H., **Costlow, K.**, Truzzi, A., & Esposito, G. (2016). Categorizing the cries of infants with ASD versus typically developing infants: A study of adult accuracy and reaction time. *Research in Autism Spectrum Disorders*, 31, 66-72. <https://doi.org/10.1016/j.rasd.2016.08.001>

MANUSCRIPTS UNDER REVIEW

Pfund, G. N., **Hill, K. C.**, Rule, P. D., Hill, P. L., James, B. D., Hassenstab, J. J., & Willroth, E. C. (under review; revise & resubmit). The reciprocal relationship between sense of purpose and cognitive decline: A coordinated analysis of five longitudinal samples. *Journal of Personality and Social Psychology*.

Lin, S. S.-H., Kuan, K., & **Hill, K. C.** (under review). Psychological inflexibility and depression, anxiety, and stress in a Taiwanese sample spanning young to middle adulthood. *Journal of Mental Health*.

Grenko, L. K., Feliciano, L., Hill, K. C., Scott, J. (under review). Sleepless in skilled nursing: A pilot study of administrative and care staff perspectives on resident sleep. *The Gerontologist*.

MANUSCRIPTS IN PREPARATION

Hill, K. C., Parmelee, P.A., & Xia, M. (in preparation). The impact of perceived control on stressor reactivity across adulthood and late life.

Hill, K. C., Hill, P. L., Bogdan, R., Olthmans, T., Norton, S., Spears, I., Wilson, M., & Willroth, E. C. (in preparation). Levels and change in life satisfaction as predictors of self- and informant-reported health and mortality.

Hill, K. C., Rule, P., Hill, P. L. (in preparation). Associations between sense of purpose and valued living: Connecting well-being research to acceptance and commitment therapy.

ENCYCLOPEDIA ENTRIES

Costlow, K. (2018). Social science. In M. Bornstein, M. E. Arterberry, K. L. Fingerman, & J. E. Lansford (Eds.), *The SAGE encyclopedia of lifespan human development*. Thousand Oaks, CA: Sage Publications, Inc.

Costlow, K., & Bornstein, M. H. (2018). Double blind design. In B. Frey, J. H. Lohmeier, J. Templin, R. H. Woodland, N. Kingston, & W. P. Skorupski (Eds.), *The SAGE encyclopedia of educational research, measurement, and evaluation*. Thousand Oaks, CA: Sage Publications.

Costlow, K., & Bornstein, M. H. (2018). Pygmalion effect. In B. Frey, J. H. Lohmeier, J. Templin, R. H. Woodland, N. Kingston, & W. P. Skorupski (Eds.), *The SAGE encyclopedia of educational research, measurement, and evaluation*. Thousand Oaks, CA: Sage Publications.

Costlow, K., & Bornstein, M. H. (2018). Social cognitive theory. In B. Frey, J. H. Lohmeier, J. Templin, R. H. Woodland, N. Kingston, & W. P. Skorupski (Eds.), *The SAGE encyclopedia of educational research, measurement, and evaluation*. Thousand Oaks, CA: Sage Publications.

INVITED TALKS

- 2025 UCCS Gerontology Center, *Gerontology Speaker Series*, Colorado Springs, CO
- 2024 Midlife in the United States (MIDUS), *Annual Meeting*, Madison, WI
- 2024 Columbia University, *Pre-College Program Careers Panel*, Online
- 2024 Washington University in St. Louis, *Social-Personality Psychology Brownbag*, St. Louis, MO
-

CONFERENCE SYMPOSIA CHAIRED

Underline represents student mentee.

- Hill, K. C.** (2025, August). *Differential pathways to healthy aging across diverse groups of older adults*. Symposium presented at the American Psychological Association (APA) Annual Convention, Denver, CO.
- Hill, K. C.** (2024, November). *Stress processes in aging: Considering social context and self-perceptions*. Symposium presented at the Gerontological Society of America (GSA) Annual Scientific Meeting, Seattle, WA.
- Hill, K. C.** (2024, August). *Beyond the role of chronological age: The protective effects of time perspectives and subjective age*. Symposium presented at the European Conference on Personality, Berlin, Germany.
-

CONFERENCE TALKS

Underline represents student mentee.

- Hill, K. C., Wolk, M., Allemand, M., & Hill, P. L.** (2025, August). *A daily diary examination of discrimination and well-being among older adults*. Presented in symposium (Hill, K. C., Chair) *Differential pathways to healthy aging across diverse groups of older adults*. Symposium presented at the American Psychological Association (APA) Annual Convention, Denver, CO.
- Hill, K. C.** (2025, February). *Moving beyond affective reactivity: The link between daily events and multiple types of wellbeing in late life*. Presented in symposium (Pfund, G. N., Chair) *A dynamic perspective on well (and ill)-being in daily life*. Symposium presented at the Society for Personality and Social Psychology (SPSP) Annual Convention, Denver, CO.
- Hill, K. C., Pfund, G. N., Rule, P., Hill, P. L., James, B. D., Hassenstab, J. J., & Willroth, E. C.** (2024, August). *A coordinated analysis of bidirectional associations between life satisfaction and cognitive functioning*. Presented in symposium (Willroth, E. C., Chair) *Individual differences in wellbeing and cognitive health*. Symposium presented at the European Conference on Personality, Berlin, Germany.
- Hill, K.C.** (2024, August). *How do daily perceptions of future time impact older adults' health*

behaviors? Presented in symposium (Hill, K. C., Chair) *Beyond the role of chronological age: The protective effects of time perspectives and subjective age*. Symposium presented at the European Conference on Personality, Berlin, Germany.

Hill, K. C. (2024, May). *How momentary emotions and life satisfaction impact mental health: An EMA study of emotion globalizing and depression and anxiety*. Presented in symposium (K. Dombek, Chair) *Many observations, many possibilities: Four approaches to modeling emotion data collected 24x/day for 15 days*. Symposium presented at the Association for Psychological Science (APS) Annual Convention, San Francisco, CA.

Hill, K. C., Hill, P. L., Bogdan, R., Oltmanns, T., Norton, S., Spears, I., Wilson, M., & Willroth, E. C. (2024, February). *Levels and change in life satisfaction as predictors of self- and informant-reported health and mortality*. Data blitz presented at the *Happiness and Well-Being Preconference at the Society for Personality and Social Psychology*, San Diego, CA.

Witte, T. H., Allen, R. S., Bui, C., Reel, C., **Hill, K. C.**, & Jones, D. (2022, April). *Trauma exposure and mental health symptoms in individuals receiving treatment for substance use disorders*. Talk presented at The University of Alabama System Behavioral Health Conference, Tuscaloosa, AL.

Hill, K. C. (2021, November). *Characteristics of our patient population*. Presented in symposium (R. S. Allen & M. L. Jacobs, Chairs) *Disruption to substance and opioid use disorder: The deep south substance and opioid use rural training grant*. Symposium presented at the Gerontological Society of America (GSA) Annual Scientific Meeting, Phoenix, AZ.

Costlow, K., & Parmelee, P. A. (2018, October). *The impact of relocation stress on cognitively impaired and cognitively unimpaired long-term care residents*. Oral presentation presented at the Alabama Psychological Association (aPA) Annual Convention, Orange Beach, AL.

POSTER PRESENTATIONS

Underline represents student mentee.

Benge, A. N., Dun, D., & Hill, K. C. (2026, November). *Perceptions of aging and depressive symptoms: The moderating role of gender*. Poster accepted to the Gerontological Society of America (GSA) Annual Scientific Meeting, National Harbor, MD.

Dun, D., Parks, S., & Hill, K. C. (2026, November). *Trauma exposure and late life cognitive decline: Differences between self and informant reports*. Poster submitted to the Gerontological Society of America (GSA) Annual Scientific Meeting, National Harbor, MD.

Dun, D., Allemand, M., Hill, P., & Hill, K. C. (2026, August). *The role of future time perspective in health behavior and wellbeing*. Poster accepted to the American Psychological Association (APA) Annual Convention, Washington, DC.

Brown, B., & Hill, K. C. (2025, August). *The effect of physical limitations on mental health: The moderating roles of optimism and pessimism*. Poster presented at the American Psychological Association (APA) Annual Convention, Denver, CO.

- Lewis, N. A., **Hill, K. C.**, Pfund, G., Rule, P. D., Allemand, M., & Hill, P. L. (2024, November). *Sense of purpose in life predicts higher engagement in cognitively stimulating activities*. Poster presented at the Gerontological Society of America (GSA) Annual Scientific Meeting, Seattle, WA.
- Romo, J., Vanderlan, J., Morris, D., Huelsman, K., Tippey, A., Whitman, S., & **Hill, K. C.** (2024, March). *Developing a group psychotherapy intervention for adults with Li-Fraumeni Syndrome*. Poster presented at the American Psychosocial Oncology Society (APOS) Annual Conference, Albuquerque, NM.
- 2024 APOS Poster Award Winner
- Hill, K. C.**, Dewitte, L., Allemand, M., & Hill, P. L. (2023, October). *Giving back to the future: How future time perspective influences generativity and purpose*. Poster presented at the Innovation in Social and Community Psychology Summit, St. Louis, MO.
- Costlow, K.**, Behrens, E., Smith, D., DeCaro, J., Cox, B., & Parmelee, P. A. (2021, November). *Keep your hopes up: An examination of racial differences in the association between hope and pain*. Poster presented at the Gerontological Society of America (GSA) Annual Scientific Meeting, Phoenix, AZ.
- Behrens, E., **Costlow, K.**, Smith, D., DeCaro, J., Cox, B., & Parmelee, P. A. (2021, November). *The moderating role of depression on momentary pain-affect associations in osteoarthritis*. Poster presented at the Gerontological Society of America (GSA) Annual Scientific Meeting, Phoenix, AZ.
- Costlow, K.**, Choi, S. L., Roskos, B., & Parmelee, P. A. (2020, November). *When less is more: Downsizing, sense of place, and well-being in late life*. Poster presented at the Gerontological Society of America (GSA) Annual Scientific Meeting, Philadelphia, PA
- Costlow, K.**, Yeager, L., Choi, S. L., Roskos, B., & Parmelee, P. A. (2020, November). *Applying the push-pull framework to downsizing in late life*. Poster presented at the Gerontological Society of America (GSA) Annual Scientific Meeting, Philadelphia, PA.
- Costlow, K.**, Parmelee, P. A., & Harralson, T. (2019, November). *The mediating roles of health locus of control and coping on the pain-depression pathway*. Poster presented at the Gerontological Society of America (GSA) Annual Scientific Meeting, Austin, TX.
- Costlow, K.**, Behrens, E., Cox, B., Smith, D., & Parmelee, P. A. (2019, August). *Adult attachment, pain coping strategies, and depression in older adults with osteoarthritis*. Poster presented at the American Psychological Association (APA) Annual Convention, Chicago, IL.
- Costlow, K.**, Dragan, D., Cox, B., & Parmelee, P. A. (2018, November). *Caregivers help in problems solving (CHIPS) program: A peer-led intervention*. Poster presented at the Gerontological Society of America (GSA) Annual Scientific Meeting, Boston, MA.

- Dragan, D., Crowther, M. R., Allen, R. S., Hilgeman, M., **Costlow, K.**, & Behrens, E. (2018, August). *Religion and spirituality conceptualizations across the lifespan: A mixed methods approach*. Poster presented at the American Psychological Association (APA) Annual Convention, San Francisco, CA.
- Costlow, K.**, & Parmelee, P. A. (2018, April). *The impact of relocation stress on cognitively impaired and cognitively unimpaired long-term care residents*. Poster presented at the Southeastern Student Mentoring Conference in Gerontology and Geriatrics, St. Petersburg, FL.
- Gammon, C., **Costlow, K.**, Yu, J., Hendricks, C., & Bornstein, M. H. (2017, May). *The effect of parenting style on young adult externalizing behavior: The role of engulfment anxiety*. Poster presented at the National Institutes of Health Poster Day, Bethesda, MD.
- Esposito, G., Truzzi, A., **Costlow K.**, & Bornstein, M.H. (2017, April). *Cries of infants with ASD are more challenging to interpret than cries of typically developing infants*. Poster presented at the 2017 Society for Research in Child Development Biennial Meeting, Austin, TX.
- Putnick, D., Bornstein, M., **Costlow, K.**, Lansford, J., Chang, L., Deater-Deckard, K., ... & Bombi, A.S. (2017, April). *Parental acceptance-rejection and child prosocial behavior: Transactions across the transition to adolescence in nine countries*. Poster presented at the 2017 Society for Research in Child Development Biennial Meeting, Austin, TX.
- Henry, L., **Costlow, K.**, Goldstein, S., Kaufman, M., Bornstein, M., & Hendricks, C. (2016, April). *Language development in children of clinically depressed mothers: Stability and continuity in expression and production*. Poster presented at the National Institutes of Health (NIH) Poster Day, Bethesda, MD.
- Henry, L., Racz, S. J., Kaufman, M., **Costlow, K.**, Bornstein, M., Putnick, D. L., Hendricks, C., & Suwalsky, J. T. D. (2016, March). *The effect of parental partiality on siblings' academic outcomes*. Poster presented at the 2016 Society for Research on Adolescence Biennial Meeting, Baltimore, MD.

GRANTS AND SCHOLARSHIP

Funded Grants and Fellowships

Framework for C3 Innovation Fellowship, El Pomar, (PIs: **Kyrsten Hill**, Paige Whitney), May 2025

Committee on Research and Creative Works (CRCW) Grant, University of Colorado Colorado Springs, *"A Daily Diary Investigation of Stressors and Health Behaviors in the Everyday Lives of Older Adults"* (PI: **Kyrsten Hill**), \$7,500, April 2025

Teaching Enhancement Grant, University of Colorado Colorado Springs, \$735, November 2024

Center for the Study of Race, Ethnicity & Equity (CRE₂) Grant, Washington University in St. Louis, *"Where I'm From: A Poetry-Writing Intervention"* (PIs: **Kyrsten Hill**, Patrick Hill), \$925, April

2024

Student Research Grant Mentoring (Funded)

Undergraduate Research Academy (URA), UCCS Center for Student Research, “*A Daily Diary Investigation of Stressors and Health Behaviors in the Everyday Lives of Older Adults (Zoom into Aging Study)*” (Student PI: Sarah Parks; Faculty Sponsor/Mentor: **Kyrsten Hill**), \$4,000, April - August 2026.

Small Research Grant for Graduate Students, UCCS Psychology Department, “*Comparing the Psychometric Properties of Two Measures Used to Assess Psychological Flexibility Among Older Adults*” (Student PI: Bryce Brown; Faculty Sponsor/Mentor: **Kyrsten Hill**), \$500, September – June 2025.

Grants Under Review

National Institute of General Medical Sciences (NIGMS), “*Biomedical Undergraduate Research Training at University of Colorado Colorado Springs*” (PIs: Rachel Thayer, **Kyrsten Hill**, Tara Cepon-Robins, Eugenia Olesnicky), Submitted May 2026

Coleman Institute Technology Translational Research and Development (TTRD) Award, “*Phase I: Development and Technical Validation of a Mobile Application for Real-Time Caregiver Well-being Support in Memory Care*” (PIs: **Kyrsten Hill**, Paige Whitney), Submitted April 2026.

TEACHING EXPERIENCE

Courses Taught – Graduate

Psychology 5210: Biopsychosocial Aspects of Aging	Fall 2025
<i>Lead Instructor</i> , University of Colorado Colorado Springs	Colorado Springs, CO

Psychology 6030: Research Practicum	Fall 2025
<i>Lead Instructor</i> , University of Colorado Colorado Springs	Colorado Springs, CO

Psychology 6620: Clinical Geropsychology II	Spring 2025
<i>Lead Instructor</i> , University of Colorado Colorado Springs	Colorado Springs, CO

Psychology 6610: Clinical Geropsychology I	Fall 2024
<i>Lead Instructor</i> , University of Colorado Colorado Springs	Colorado Springs, CO

Psychology 6740: Clinical Practicum	Fall 2024 – Present
<i>Clinical Supervisor</i> , University of Colorado Colorado Springs	Colorado Springs, CO

Courses Taught – Undergraduate

Psychology 4280: Seminar in Positive Psychology & Mental Health	Spring 2025
<i>Lead Instructor</i> , University of Colorado Colorado Springs	Colorado Springs, CO

Psychology 365: Psychology of Aging
Lead Instructor, University of Alabama
Spring 2022
Tuscaloosa, AL

Psychology 101: Introduction to Psychology
Co-Instructor, University of Alabama
Spring 2020
Tuscaloosa, AL

Guest Lectures & Teaching Assistantships

What Do Your Professors Actually Do? A Day in the Life of a Geropsychologist
Psychology 6430: Contemporary Issues in Psychology
Guest Lecturer, University of Colorado Colorado Springs (UCCS)
Spring 2026
Colorado Springs, CO

District 11 Helping Professions Academy
Guest Speaker, District 11 High Schools
Fall 2025 & 2026
Colorado Springs, CO

Engaging Psychology's Future
Guest Speaker, Cheyenne Mountain High School
Spring 2025
Colorado Springs, CO

Trauma- and Stressor-Related Disorders
Guest Lecturer, Washington University in St. Louis
Fall 2023
St. Louis, MO

Home Is Where the Heart Is: Late-Life Relocation and Housing Decisions
Guest Lecturer, Osher Lifelong Learning Institute (OLLI)
Summer 2020
Tuscaloosa, AL

Psychology 101: Introduction to Psychology
Graduate Teaching Assistant, University of Alabama
Spring 2019
Tuscaloosa, AL

Psychology 4360: Language Development
Undergraduate Teaching Assistant, Cornell University
Spring 2015
Ithaca, NY

STUDENT MENTORSHIP AND CLINICAL SUPERVISION

Ph.D. Research Mentor

Danielle Dun
Riley Coyne

M.A. Research Mentor

Bryce Brown
Jessica Guerra
Joselyn Cerrillo Zapata

Post-baccalaureate Research Mentor

Sarah Parks

Undergraduate Honor's Thesis Mentor

Amy Bengé

Master's Thesis Committee Member or Chair

Member, Aja Zamundu (Clinical Psychology M.A. student; Proposed August 2025)

Member, Samantha Umland (Psychological Science M.A. student; Defended May 2025)

Member, Elli Spanier (Clinical Psychology M.A. student; Defended April 2025)

Member, Lydia Grenko (Clinical Psychology Ph.D. student; Proposed March 2025)

Member, Colin Schmitt (Clinical Psychology M.A. student; Proposed April 2026)

Chair, Bryce Brown (Clinical Psychology M.A. student; Defended May 2026)

Dissertation Committee Member or Chair

Member, Christopher Griffith (Clinical Geropsychology Ph.D. student; Proposed August 2025)

Member, Becca Ingram (Clinical Geropsychology Ph.D. student; Proposed October 2024)

Member, Elizabeth Anquillare (Clinical Geropsychology Ph.D. student; Proposed March 2026)

Clinical Supervision

Clinical Practicum Supervisor	May 2025 – Present
Liberty Heights Senior Care	Colorado Springs, CO

Clinical Practicum Supervisor	August 2024 – Present
UCCS Aging Center	Colorado Springs, CO

Advanced Geropsychology Practicum Peer Supervision	August 2020 – November 2020
University of Alabama Psychology Clinic	Tuscaloosa, AL
<i>Supervisors:</i> Rebecca Allen, Ph.D., ABPP	

Basic Practicum Peer Supervision	August 2020 – August 2021
University of Alabama Psychology Clinic	Tuscaloosa, AL
<i>Supervisors:</i> Jeanne Cundiff, Ph.D., Sara Stromeier, Ph.D.	

CLINICAL EXPERIENCE

<i>Siteman Cancer Center Psychology Resident</i>	August 2023 – August 2024
Barnes-Jewish Hospital/Washington University School of Medicine	St. Louis, MO
<i>Supervisor:</i> Jessica Vanderlan, Ph.D.	

<i>VA St. Louis Health Care System Psychology Intern</i> (APA Accredited; July 2022 - 2023)	
Trauma Recovery Program	July 2022 – January 2023
<i>Supervisor:</i> Lauren Albinson, Psy.D.	

Siteman Cancer Center <i>Supervisors:</i> Jessica Vanderlan, Ph.D., Jennifer Romo, Psy.D.	July 2022 – January 2023
Community Living Center <i>Supervisor:</i> Lauren Mensie, Ph.D.	January 2023 – July 2023
Palliative Care <i>Supervisor:</i> Chelsi Creech, Psy.D.	January 2023 – July 2023
Cognitive Processing Therapy (CPT) Consultation <i>Supervisors:</i> Andrew Darchuk, Ph.D., Sarah Shia, Ph.D.	August 2022 – March 2023
Scholarly Project - Home-Based Primary Care Group Psychotherapy <i>Supervisor:</i> Leslie French, Ph.D.	July 2022 – May 2023

University of Alabama Clinical Psychology Trainee (APA Accredited; August 2017 - July 2022)

Betty Shirley Clinic, Neuropsychology Assessments <i>Supervisor:</i> John Burkhardt II, PsyD, HSP	July 2021 – July 2022
Elder Law Clinic, Capacity Evaluations <i>Supervisors:</i> Lindsey Jacobs, Ph.D., Rebecca Allen, Ph.D., ABPP	November 2020 – July 2022
Advanced Geropsychology Practicum <i>Supervisors:</i> Rebecca Allen, Ph.D., ABPP, Martin Morthland, Ph.D., Lindsey Jacobs, Ph.D.	August 2019 – July 2022
Betty Shirley Clinic, Complex Trauma Treatment <i>Supervisor:</i> Nancy Rubin, PsyD	August 2019 – July 2022
Geriatrics Clinic Interdisciplinary Care Team <i>Supervisors:</i> Rebecca Allen, Ph.D., ABPP, Anne Halli, M.D.	July 2019 – July 2022
Law Enforcement Candidate Psychological Evaluations <i>Supervisors:</i> Clayton Shealy, Ph.D., Jennifer Cox, Ph.D.	July 2018 – July 2022
Virtual Memory Clinic <i>Supervisor:</i> Rebecca Allen, Ph.D., ABPP	September 2020 – April 2021
Graduate Psychology Education Program, SUD Treatment <i>Supervisors:</i> Rebecca Allen, Ph.D., ABPP, Tricia Witte, Ph.D.	August 2020 – August 2021
Geriatric Psychiatry Center, Severe Mental Illness <i>Supervisor:</i> Jennifer Gardner, Ph.D.	May 2019 – August 2019
Basic Psychotherapy Practicum <i>Supervisor:</i> Clayton Shealy, Ph.D.	August 2018 – August 2019

RECOGNITIONS

National Alumni Association Fellowship, <i>The University of Alabama</i>	2021 – 2022
Three Minute Thesis (3MT) Finalist, <i>The University of Alabama</i>	Fall 2020
Graduate Student Annual Poster Symposium Third Place, <i>The University of Alabama</i>	Spring 2019
ASPEC Student Award in Gerontology and Geriatrics <i>Southeastern Student Mentoring Conference in Gerontology & Geriatrics</i>	Spring 2018
Graduate School's Student Research Travel Award, <i>The University of Alabama</i>	2017 – 2021
Graduate Council Fellowship, <i>The University of Alabama</i>	2017
Graduate School Fellowship Enhancement Partnership (FEP) Award <i>The University of Alabama</i>	2017
NIH Postbaccalaureate Intramural Research Training Award <i>National Institutes of Health (NIH)</i>	2015 – 2017

PROFESSIONAL ORGANIZATIONS

American Psychological Association (APA)
 Division 12: Society of Clinical Psychology
 Division 20: Adult Development and Aging
Society of Clinical Geropsychology (SCG)
Gerontological Society of America (GSA)
Society for Personality and Social Psychology (SPSP)

SERVICE AND LEADERSHIP

UCCS Psychology Graduate Student Organization (PGSO) <i>Faculty Advisor</i>	August 2026 – Present
UCCS Advancing Climate and Culture in Educational Settings for Students, Staff, and Faculty (ACCESS) Committee <i>Member</i>	May 2026 – Present
UCCS Committee on Research and Creative Works (CRCW) <i>Reviewer</i>	April 2026
UCCS Clinical MA Awards Voting Committee <i>Member</i>	March 2026

UCCS Age Friendly University (AFU) Steering Committee <i>Member</i>	December 2025 – Present
UCCS Clinical Psychology PhD Internship Application Preparation <i>Faculty Mentor</i>	September 2025
APA Division 20 Membership Committee <i>Co-Chair</i>	August 2025 – Present
UCCS Search Committee for Visiting Assistant Professor of Psychology <i>Member</i>	August 2025
APA Divisions 20 and 12/II Museum with Mentors Event <i>Faculty Mentor</i>	August 2025
UCCS Comprehensive Exam Committees <i>Member</i>	May 2025 – Present
UCCS Graduate Admissions Committee (Ph.D. and M.A. Clinical) <i>Member</i>	December 2024 – Present
UCCS Graduate Admissions Open House Committee <i>Member</i>	November 2024 – February 2025
UCCS Clinical Training Committee <i>Member</i>	August 2024 – Present
Gerontological Society of America (GSA) <i>Ad Hoc Abstract Reviewer</i>	March 2020 – Present
VA St. Louis Healthcare System Cultural Competency Council <i>Member of Outreach Committee</i>	October 2022 – July 2023
Society of Clinical Geropsychology (SCG) <i>Student Representative</i>	August 2020 – December 2022
APA Division 20 Special Interest Groups Initiative <i>Assistant Chair</i>	August 2020 – August 2022
University of Alabama (UA) Clinical Diversity Subcommittee <i>Graduate Student Representative</i>	October 2020 – July 2022
UA Diversity, Equity, and Inclusion (DEI) Department Initiatives <i>Student Volunteer</i>	August 2020 – July 2022

University Medical Center Geriatrics Clinic Liaison <i>Student Liaison</i>	May 2020 – July 2022
UA Peer Mentorship Program <i>Student Mentor</i>	May 2018 – July 2022
UA Geropsychology Practicum Representative <i>Student Representative</i>	May 2020 – August 2021
Association for Psychological Science (APS) RISE Research Award <i>Award Submission Reviewer</i>	April 2019
Undergraduate Research and Creative Activity Conference <i>Judge</i>	March 2018
Short-Term Education Program for Underrepresented Persons (STEP-UP) <i>Judge</i>	August 2015
Psi Chi, Cornell University <i>Executive Board Member, Secretary</i>	April 2014 – May 2015
Ad-Hoc Reviewer <i>Psychology and Aging</i> <i>Journals of Gerontology, Series B</i> <i>Aging and Mental Health</i> <i>Journal of Aging and Physical Activity</i> <i>Affective Science</i> <i>Journal of Family Psychology</i> <i>Journal of Behavioral Medicine</i> <i>Clinical Case Studies</i> <i>BMC Geriatrics</i> <i>Motivation and Emotion</i>	