

## Carrie Winterowd, Ph.D.

434 Willard Hall  
Oklahoma State University  
Stillwater, OK 74078  
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### EDUCATION

- 1993-1994 **Postdoctoral Fellow, Center for Cognitive Therapy, Department of Psychiatry, University of Pennsylvania**  
Directors/Supervisors: Aaron T. Beck, M.D. and Cory Newman, Ph.D.  
*Book: Cognitive therapy with chronic pain patients, Springer Publishing Co.*
- 1993 **Ph.D. in Counseling Psychology, The University of Kansas (APA-accredited)**  
Advisor: Thomas Krieshok, Ph.D., Training Director: Jim Lichtenberg, Ph.D.  
*Dissertation: Vocational identity and career salience in mothers of infants*
- 1992-1993 **Predocotrual Intern, Student Counseling Services, Iowa State University, (APA-accredited),** Training Director: Patricia Anderson, Ph.D.
- 1988 **M.S. in Counseling, The University of Kansas**  
Advisor: Thomas Krieshok, Ph.D., Training Director: Sherri Borgers, Ph.D.  
*Thesis: Life history antecedents of low vocational identity in college students*
- 1986 **B.A. in Psychology, with Honors, The University of Missouri-Columbia**  
*Honor's thesis: Sex role stereotypes of college women and men*

### LICENSURE AND CERTIFICATION

- 1996 – 2019 **Licensed Psychologist, Health Service Psychologist, Oklahoma, # 762**
- 1999 – 2018 **Certified Cognitive Therapist, Founding Fellow, Academy of Cognitive Therapy**

### PROFESSIONAL APPOINTMENTS

- 1993-1994 **Postdoctoral Fellow,** Center for Cognitive Therapy, Department of Psychiatry, The University of Pennsylvania
- 1994-1999 **Assistant Professor,** Counseling and Counseling Psychology, School of Applied Health and Educational Psychology, Oklahoma State University
- 1995-2004 **Practicum Coordinator,** master's program in Counseling, Oklahoma State University (CACREP-accredited)
- 1995-2009 **Practicum Coordinator,** doctoral program in Counseling Psychology, Oklahoma State University (APA-accredited)

- 1999 to 2009 **Associate Professor**, Counseling and Counseling Psychology, School of Applied Health and Educational Psychology, Oklahoma State University
- 2000-2002 **Area Coordinator**, Counseling and Counseling Psychology Area, School of Applied Health and Educational Psychology, Oklahoma State University
- 2003-2006 **Training Director**, doctoral program in Counseling Psychology (APA-accredited), School of Applied Health and Educational Psychology, Oklahoma State University
- 2007-2008 **Area Coordinator**, Counseling and Counseling Psychology Area, School of Applied Health and Educational Psychology, Oklahoma State University
- 2007-2009 **Training Director**, doctoral program in Counseling Psychology (APA-accredited), School of Applied Health and Educational Psychology, Oklahoma State University
- 2010-Present **Full Professor**, Counseling and Counseling Psychology, School of Applied Health and Educational Psychology, Oklahoma State University
- 2012-2014 **Area Coordinator**, Counseling and Counseling Psychology, School of Applied Health and Educational Psychology, Oklahoma State University
- 2014-2014 **Clinical Director**, Counseling Psychology Clinic, School of Applied Health and Educational Psychology, Oklahoma State University
- 2016-2017 **Co-Training Director**, Counseling Psychology Program (APA-accredited), School of Applied Health and Educational Psychology, Oklahoma State University
- 2017-2018 **Training Director**, Counseling Psychology Program (APA-accredited), School of Community Health Sciences, Counseling and Counseling Psychology, Oklahoma State University
- 2018-2019 **Area Coordinator**, Counseling and Counseling Psychology Area, School of Community Health Sciences, Counseling and Counseling Psychology, Oklahoma State University
- 2018-Present **Practicum Coordinator**, master's program in Counseling, Oklahoma State University (CACREP-accredited)

## **PROFESSIONAL EXPERIENCE**

- 2010-Present **Full Professor, Counseling and Counseling Psychology**

Community Health Sciences, Counseling and Counseling Psychology/Applied Health and Educational Psychology, Oklahoma State University

***Training Director Activities.*** Served as the training director and/or co-training director for our APA-accredited doctoral program in Counseling Psychology during this time period (2016-2018). Coordinated the recruitment and retention of doctoral students; facilitated graduate student development in orientation, cohort, and program meetings; enhanced faculty-student relationships; ensured students' matriculation through the program; coordinated and facilitated communications with practicum and pre-doctoral internship site administrators; coordinated comprehensive exams; organized colloquia and other training experiences; coordinated annual student evaluations; consulted with faculty, supervisors, and university officials regarding student matters; maintained student files for training and accreditation purposes; wrote annual accreditation reports; wrote program self-study reports in preparation for accreditation site visits; served as the on-site coordinator for two major APA accreditation site visits; participated and served as a member of the Council of Counseling Psychology Training Programs (CCPTP).

***Teaching and Supervisory Activities:*** Serve as instructor for the following graduate courses: Introduction to Counseling Practice/Basic Counseling Skills (counseling skills), Group Process, Beck's Cognitive Therapy, Counseling Practicum, Internship in Counseling I, Internship in Counseling II (master's), Counseling Psychology Practicum I (doctoral), Counseling Psychology Practicum II (doctoral), and Vocational and Career Information. Serve as clinical supervisor for 4 doctoral students per year and supervisor of clinical supervision for off-site doctoral student supervisors working with master's students in counseling. Served as academic advisor and mentor to graduate students; chaired and directed students' theses and dissertations.

***Research Activities:*** Conduct research to explore personal beliefs and world views connected to health, well-being, self-compassion, and learning; resiliency and advocacy for Native American/Indigenous and LGBTQ individuals as well as other underserved groups; the effectiveness of group work and social justice interventions, including mainstream and alternative approaches; spirituality/religiosity as a protective factor related to health and well-being; personal, cultural, and relational aspects of emotional expression in men and women; women's issues related to self/body image and communication; men and masculinity. Provide thesis and dissertation direction for master's and doctoral students.

***Administrative/Service Activities:*** Serve as Co-Chair of the Association for Behavioral and Cognitive Therapy (ABCT) Native American Special Interest Group. (2014-15; 2018 to Present); Serve as faculty advisor to the Master's Counseling Society (MCS) at OSU-Stillwater (2018 to Present); Serve as Chair of HCCP ARPT Committee (2019); Serve as member to the College of Education Appointment, Reappointment, Tenure, and Promotion (ARPT) Committee (Fall 2016-2017, 2018-Present). Serve on CPSY faculty search committees (chair of two faculty searches; 2018-2019). Serve as CPSY Area Coordinator (2012-2014, 2018-2019). Serve on the EHA Scholarship Committee (2018-2019). Serve as faculty liaison to Wings of Hope, Payne County

Youth Services, and OU Adolescent Medicine Unit regarding paid practicum/training contract opportunities for students. Serve as advisory board committee member to Payne County Youth Services. Served as Training Director of doctoral program in Counseling Psychology (8 years total over past 25 years of service to OSU). Served as the faculty advisor to the OSU Counseling Psychology student organization (3 years). Served as the Chair of the SAHEP ARPT Committee (13-15 decisions that year). Served as co-chair of Hospitality Suite for Society of Counseling Psychology (Division 17 of APA) for the APA convention in Denver, 2016. Serve as co-chair of Native American Issues in Behavior Therapy and Research, ABCT, 2018 to Present; serve as Tri-Chair of Sponsors and Exhibitors, National Counseling Psychology Conference, 2019; serve as faculty advisor to the Master's Counseling Society (2018 to Present).

***Counseling and Consultation Activities:*** Provide individual counseling and psychotherapy services to clients in my private practice. Serve as a pro bono research consultant to Payne County Youth and Family Services and Wings of Hope Stillwater Domestic Violence Services.

1999 to 2010 **Associate Professor, Counseling and Counseling Psychology**  
Applied Health and Educational Psychology, Oklahoma State University

***Training Director Activities.*** Served for *six* years as the training director for our APA-accredited doctoral program in Counseling Psychology (2003-2005, 2007-2009). Coordinated the recruitment and retention of doctoral students; facilitated graduate student development in orientation, cohort, and program meetings; enhanced faculty-student relationships; ensured students' matriculation through the program; coordinated and facilitated communications with practicum and pre-doctoral internship site administrators; coordinated comprehensive exams; organized colloquia and other training experiences; coordinated annual student evaluations; consulted with faculty, supervisors, and university officials regarding student matters; maintained student files for training and accreditation purposes; wrote annual accreditation reports; wrote program self-study reports in preparation for accreditation site visits; served as the on-site coordinator for two major APA accreditation site visits; participated and served as a member of the Council of Counseling Psychology Training Programs (CCPTP).

***Teaching and Supervisory Activities:*** Served as instructor for the following graduate courses: Introduction to Counseling Practice (counseling skills), Conceptualization and Diagnosis in Counseling, Ethical and Legal Issues in Counseling Psychology, Principles of Counseling Psychology (theory, research, practice), Group Process, Advanced Group Interventions, Beck's Cognitive Therapy, History and Systems of Psychology, Personality Theories, Counseling Practicum (master's), Internship in Counseling I and II (master's), Counseling Psychology Practicum I and II (doctoral), Advanced Practicum and Supervision (doctoral), and Internship in Counseling Psychology (doctoral). Served as clinical supervisor for 1-2 doctoral students per year and supervisor of clinical supervision for off-site doctoral student supervisors working with master's students in counseling. Served as academic advisor and mentor to graduate students; chaired and directed students' thesis and dissertation projects.

**Research Activities:** Conducted research to explore personal beliefs and world views connected to health, well-being, and learning; resiliency and advocacy for Native American/American Indian people as well as LGBT individuals; the effectiveness of group work and social justice interventions, including mainstream and alternative approaches; personal-cultural-relational aspects of emotional expression in men and women; self/body image and communication issues for women. Provide thesis and dissertation direction for master's and doctoral students. So far, I have directed 3 thesis and 12 dissertations since 2010.

**Administrative/Service Activities:** Served as the Area Coordinator for the Counseling Faculty (2007 to Present and 2000-2002). Served as the Training Director for the doctoral program in Counseling Psychology (2003-2006, 2007-2009). Served as the Practicum Coordinator for the master's program in Counseling (1995-2004) and the doctoral program in Counseling Psychology (1995-2009). Served on a number of departmental, college, and university committees.

**Counseling and Consultation Activities:** Provide individual counseling and psychotherapy services to clients in my private practice. Served as a consultant to Payne County Youth and Family Services, Stillwater Domestic Violence Services, and Domestic Violence Services of Tulsa.

1994 – 1999 **Assistant Professor, Counseling and Counseling Psychology, School of Applied Health and Educational Psychology, Oklahoma State University**

**Teaching and Supervisory Activities:** Taught courses in the doctoral program in Counseling Psychology and in the master's program in Counseling, including Psychology of Disability, Counseling Practicum, Internship in Counseling, Advanced Group Interventions, Advanced Practicum and Supervision, Conceptualization and Diagnosis in Counseling, Personality Theories, Marriage and Family Therapy Practicum, and Cognitive Therapy: Basics and Beyond. Provided academic advisement and clinical supervision for master's and doctoral students. Served as the Practicum Coordinator for the master's programs in Counseling and the doctoral program in Counseling Psychology.

**Research Activities:** Was actively engaged in research in the following areas: health psychology, the influence of perceptions and belief systems on mental health (e.g., perceived social support, perceived academic expectations), American Indian/Native American issues, and group psychotherapy (with inmates).

**Counseling and Consultation Activities:** Provided individual counseling services to students and community members at the Psychological Services Center, an on-campus training clinic for counseling, school, and clinical psychology students, and at the Stillwater Neuroscience Clinic. Provided consultation services to Osage Nation Counseling Center in Pawhuska, Oklahoma.

1993 – 1994 **Postdoctoral Fellow, Cognitive Therapy**, Center for Cognitive Therapy, University of Pennsylvania.

**Counseling Activities:** Provided cognitive therapy services to individuals and couples and diagnostic assessment (e.g., SCID) services to students and the community. Common presenting problems included major depression, anxiety disorders, and substance abuse. Provided individual therapy services to chronic pain patients at regional orthopedic clinics as a part of my fellowship. Specialized in Aaron T. Beck’s cognitive therapy approach.

**Research/Scholarly Activities:** Developed a book proposal with Dr. Aaron Beck on cognitive therapy formulations and interventions with chronic pain patients. Received a book contract.

1992 – 1993 **Predoctoral Intern**, Student Counseling Services, Iowa State University (APA-Accredited)

**Counseling Activities:** Provided individual, group, career, couples, and outreach counseling services and substance abuse assessment services to students. Co-facilitated the following therapy groups: Adult Children of Alcoholics, Personal Growth, Eating Disorders, and Survivors of Sexual Abuse. Clinical and supervisory hours total 2,000. Presented workshops for various campus organizations at ISU. Presentations have included topics such as stress management, date rape, suicide intervention, crisis intervention, and career decision-making.

**Teaching Activities:** Co-taught a beginning doctoral-level practicum course. Provided didactic and experiential instruction and evaluation of practicum students' performance. Supervised a beginning practicum student for the semester. Taught a psychology course on academic study skills. Duties included curriculum development, class preparation, instruction, and assignment of grades. Topics such as career development, stress management, relationship enhancement, and assertiveness training were included in this course.

## **BOOKS**

Winterowd, C., Beck, A., & Gruener, D. (2003). *Cognitive therapy with chronic pain patients*. New York, NY: Springer Publishing Company.

## **BOOK CHAPTERS**

Winterowd, C., & Sims, W. (2008, updated 2017). Counseling persons with chronic pain. In I. Marini and M. Stebnicki (Eds.), *Professional Counselor Desk Reference*. New York, NY: Springer, pp. 851-861.

Winterowd, C., Beck, A., & Gruener, D. (2005). Cognitive therapy with chronic pain. In A. Freeman, S. Felgoise, A. Nezu, C. Nezu, & M. Reinecke (Eds.), *Encyclopedia of Cognitive Behavioral Therapy*. New York, NY: Springer Science and Business Media.

## **ASSESSMENT REVIEW**

Barnes, L., & Winterowd, C. (2001). Review of the Matching Person and Technology. In B. Plake & J. Impara (Eds.), *The Fourteenth Mental Measurements Yearbook*. Lincoln, NE: The Buros Institute of Mental Measurements, University of Nebraska Press, pp. 719-722.

## MANUSCRIPTS UNDER REVIEW

Klein, D., & **Winterowd, C.** (2019, August). The relationship of self-compassion and hope with quality of life for individuals with bleeding disorders. Submitted to *Haemophilia*, Wiley-Blackwell Publishing Co.

## REFEREED PUBLISHED MANUSCRIPTS

Klibert, J., Lamis, D., Collins, W., Warren, J., Smalley, K., and **Winterowd, C.** (2014). Resilience as a mediator in the socially prescribed perfectionism—trait anxiety relationship. *Journal of Counseling and Development*, 92, 75-92.

Zamora, R., **Winterowd, C.**, Koch, J., & Roring, S. (2013). The relationship between love styles and romantic attachment styles in gay men. *Journal of LGBT Issues in Counseling*, 7, 200-217.

Crethar, H., & **Winterowd, C.** (2012). The intersection of philosophy, ethics, spirituality, and religion with social justice in counseling, *Counseling & Values*, Special Issue: The intersection of social justice and philosophy, ethics, spirituality, and religion, (H. Crethar and C. Winterowd, co-editors).

Dorton-Clark, J., & **Winterowd, C.** (2012). Correlates and predictors of binge eating among American Indian women. *Journal of Multicultural Counseling and Development*, 40, 117-121.

McKee, M., Roring, S., **Winterowd, C.**, & Porras, C. (2012). The relationship of negative self-schemas and insecure partner attachment styles with anger experience and expression among male batterers. *Journal of Interpersonal Violence*, 27, 2685-2702.

**Winterowd, C.**, & Crethar, H. (2012). Special issue epilogue: A call to action. *Counseling & Values*, Special Issue: The intersection of social justice and philosophy, ethics, spirituality, and religion, (H. Crethar and C. Winterowd, co-editors).

Ledoux, T., **Winterowd, C.**, Richardson, T., & Dorton, J. (2010). Relationship of negative self-schemas and attachment styles with appearance schemas. *Body Image: An International Journal*, 7, 213-217.

- Carlozzi, B., **Winterowd, C.**, Harrist, S., Bratkovich, K., Thomason, N., & Worth, S. (2009). Spirituality, anger, and stress in early adolescents. *Journal of Religion and Health, 49*, 445-459.
- Mintz, L., Jackson, A., Neville, H., Ilfelder-Kaye, J., **Winterowd, C.**, & Loewy, M. (2009). The need for a Counseling Psychology model training values statement addressing diversity. *The Counseling Psychologist, 37*, 644-675. Received a research award with Division 17, Society of Counseling Psychology in 2010 for this special issue.
- Winterowd, C.**, Adams, E., Miville, M., & Mintz, L. (2009). Operationalizing, instilling, and assessing Counseling Psychology training values related to diversity in academic programs. *The Counseling Psychologist, 37*, 676-704. Received a research award with Division 17, Society of Counseling Psychology in 2010 for this special issue.
- Eason, A., Colmant, S., **Winterowd, C.** (2009). Sweat therapy theory, practice, and its efficacy as a therapeutic tool. *Journal of Experiential Education, 32*, 121-136.
- Winterowd, C.**, Montgomery, D., Stumblingbear, G., Harless, D., & Hicks, K. (2008). Development of the *American Indian Enculturation Scale* to assist counseling practice. *Alaskan Native and Native American Mental Health Research, 15*, 1-14.
- Colmant, S., Eason, A., **Winterowd, C.**, Jacobs, S., & Cashel, C. (2005). Investigating the effects of sweat therapy on group dynamics and affect. *Journal for Specialists in Group Work, 30*, 329-341.
- Winterowd, C.**, Harrist, S., Thomason, N., Worth, S., & Carlozzi, B. (2005). The relationship of spiritual beliefs and involvement with the experience of anger and stress in college students. *Journal of College Student Development, 46*, 515-529.
- Pikler, V., & **Winterowd, C.** (2003). Racial and body image differences in coping for women diagnosed with breast cancer, *Health Psychology, 22*, 632-637.
- Gray, J., & **Winterowd, C.** (2002). Health risk behaviors in American Indian adolescents: A descriptive study of a rural, non-reservation sample. *Journal of Pediatric Psychology, 27*, 717-725.
- Morgan, R., & **Winterowd, C.** (2002). Interpersonal process-oriented group psychotherapy with offender populations. *International Journal of Offender Therapy and Comparative Criminology, 46*, 466-482.
- Winterowd, C.**, Morgan, R., & Ferrell, S. (2001). Principle components analysis of important goals for group psychotherapy with male inmates. *Journal for Specialists in Group Work, 26*, 406-417.
- Montgomery, D., Miville, M., **Winterowd, C.**, Jeffries, B., & Baysden, M. (2000). American Indian college students: Resiliency factors revealed through personal stories. *Cultural Diversity and Ethnic Minority Research, 6*, 387-398.



- Bull, K., **Winterowd, C.**, & Kimball, S. (2000). Uses of the Internet: Rural special education materials for teachers and parents. *Rural Special Education Quarterly*.
- Ferrell, S., Morgan, R., & **Winterowd, C.** (2000). Job satisfaction of mental health professionals providing group therapy in state correctional facilities. *International Journal of Offender Therapy and Comparative Criminology*, *44*, 232-241.
- Morgan, R., **Winterowd, C.**, & Ferrell, S. (1999). A national survey of group psychotherapy services in correctional facilities. *Professional Psychology: Research and Practice*, *30*, 600-606.
- Morgan, R., **Winterowd, C.**, & Fuqua, D. (1999). The efficacy of an integrated theoretical approach to group psychotherapy for male inmates. *Journal of Contemporary Psychology*, *29*, 203-222.
- Morgan, R., Ferrell, S., & **Winterowd, C.** (1999). Therapists' perceptions of important therapeutic factors in psychotherapy groups for male inmates in state correctional facilities. *Small Group Research*, *30*, 712-729.
- Winterowd, C.**, Street, V., & Boswell, D. (1998). Perceived social support, disability status, and mood states in college students. *Journal of College Student Psychotherapy*, *13*, 53-70.
- Price, G., Dinas, P., Dunn, C., & **Winterowd, C.** (1995). Group work with clients experiencing grieving: Moving from theory and practice. *Journal for Specialists in Group Work*, *20*, 159-167.
- Cowan, N., Sauls, J., **Winterowd, C.**, & Sherk, M. (1991). Enhancement of a 4-year-old children's memory span for phonologically similar and dissimilar word lists. *Journal of Experimental Child Psychology*, *51*, 30-52.
- Cowan, N., Cartwright, C., **Winterowd, C.**, & Sherk, M. (1987). An adult model of preschool children's speech memory. *Memory and Cognition*, *15*, 511-517.

## MANUSCRIPTS IN PREPARATION

- Allen, C., & **Winterowd, C.** Self-compassion, level of outness, and emotional well-being in transgender individuals. *Journal of LGBT Issues in Counseling*.
- Burns, D., **Winterowd, C.**, Edwards, S., & Gilbertson, J. The experience and expression of anger and aggression in dating relationships for male college athletes in contact and non-contact sports. *Journal of Sports Psychology*.

- Cain, M., & **Winterowd, C.** An examination of the psychological and cultural factors related to alcohol use in American Indian people. To be submitted to *Alaskan Native and Native American Mental Health Research*.
- Dziedzic, A. & **Winterowd, C.** The relationship of attachment and self-silencing with disordered eating in men. To be submitted to *Men and Masculinity*.
- Irvin, A., **Winterowd, C.**, & Roring S. The relationship of attachment and romantic mutuality with self-injurious behaviors among college students. *Journal of College Student Development*.
- Klibert, J., **Winterowd, C.**, & Stumblingbear-Riddle, G. The relationship of negative self-schemas and perfectionism in college students. To be submitted to *Cognitive Therapy and Research*.
- Luna, A., & **Winterowd, C.** Self-monitoring, psychological distress, social comparison, and substance use in college students. To be submitted to the *Journal of College Student Development*.
- Magruder, S., **Winterowd, C.**, Roring, S., Miller, R., & Freeman, D. The relationship of empathy and self-compassion in college students. To be submitted to *Self and Identity*.
- McNally, R., **Winterowd, C.**, Miller, R., & Farrah, A. Psychological sense of community and social support among college students who experience grief. To be submitted to *Journal of College Student Development*.
- Mulligan, T., & **Winterowd, C.**, & Roring, S. Music use and function with coping strategies in college students. To be submitted to the *Journal of Counseling and Development*.
- Tielke, S., & **Winterowd, C.** Thwarted belongingness, perceived burdensomeness, and self-compassion in American Indian people. To be submitted to the *Alaskan Native and Native American Mental Health Research*.
- Sims, W., & **Winterowd, C.** The relationship of general adult attachment and physician-patient attachment with the experience and expression of anger among chronic pain patients. To be submitted to *The Clinical Journal of Pain*.
- Winterowd, C.**, Gilbertson, J., Edwards, S., Burns, D., & Sims, W. The experience of anger and aggression in athletes and non-athletes. To be submitted to *Journal of Interpersonal Violence*.
- Winterowd, C.**, Johnson, G., Gilbertson, J., Dunkle, A, Edwards, S. Anger and aggression in high school athletes and nonathletes. To be submitted to a sports psychology journal.
- Winterowd, C.**, Magruder, S., Shaw, P., Sneed, J., & Harrist, S. The relationship of self-compassion and anger in college students. To be submitted to a counseling journal.

**Winterowd, C., McGaha, V., Wertheimer, J., McCracken, A., & Zamora, R.** The impact of parental presence and sex differences on anger experience and expression among adolescents. Submitted to the *Journal of Youth and Adolescence*.

**Winterowd, C., Miville, M., Willmon, S., Schultz, L., Dudley, A., Sheader-Wood, J., and Warner, L.** Anger, acculturation, post-colonial stress, and hope among American Indian peoples. To be submitted to *Cultural Diversity and Ethnic Minority Psychology*.

**Winterowd, C., Montgomery, D., & Burriss R.** Enculturation and substance use risk in Native American people. To be submitted to *Alaskan Native and Native American Mental Health Research*.

**Winterowd, C., Montgomery, D., Stumblingbear, G., Harless, D., Hicks, K., & Webster, K.** An exploration of tribal attachment with life satisfaction and hope in American Indian people. To be submitted to *Alaskan Native and Native American Mental Health Research, revise and resubmit*.

## **PROFESSIONAL PRESENTATIONS**

### **International/National Peer-Reviewed Presentations**

**Winterowd, C., & Hernandez-Vallant, A.** (2019, November). *Native American issues in behavior therapy and research: Creating a space for culturally relevant evidence-based practices*. Poster session to be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies convention, Atlanta, GA.

**Miller, R., & Winterowd, C.** (2019, August). *The right to be anger: Black woman's stress and anger in the context of gendered racism*. Poster session presented at the annual meeting of the American Psychological Association, Chicago, IL.

**Winterowd, C., Tielke, S., Azarani, M., & Emordi, R.** (2018, November). *Self-compassion and suicide risk factors among Indigenous people*. Poster session presented at the annual meeting of the Association of Behavioral and Cognitive Therapy, Washington, D.C.

**Collins, J., & Winterowd, C.** (2017, January). *The relationship of self-compassion and self-disgust among college students and adults*. Poster session presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.

**Coser, A., & Winterowd, C.** (2016, October). *Self-efficacy beliefs and college student success in an American Indian sample*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

**Allen, C., & Winterowd, C.** (2016, August). *The relationship of self-compassion and outness with psychological distress for transgender individuals*. Poster session presented at the annual meeting of the American Psychological Association, Denver, CO.

- Verba, K., Wood, J., & **Winterowd, C.** (2015, November). *The relationship of internal and external psychological functioning with self-compassion in a sample of patients seeking bariatric treatment*. Poster session presented at the annual meeting of The Obesity Society, Los Angeles, CA.
- Marks, C., **Winterowd, C.**, & Zamora R. (2015, November). *Romantic attachment and relationship satisfaction in gay men*. Poster session to be presented at the Society for Scientific Study of Sexuality, Albuquerque, NM.
- Marks, C., & **Winterowd, C.** (2015, January). *The relationship of self-compassion and coming out with emotional well-being in gay, lesbian, and bisexual college students*. Poster session presented at the National Multicultural Summit, New Orleans, LA.
- Roberts, J., **Winterowd, C.**, & Roring, S. (2014, August). *Work values of American Indian college students*. Poster session presented at the annual meeting of the American Psychological Association convention, Washington, D.C.
- Verba, K., **Winterowd, C.**, & Wood, J. (2014, November). *The relationship of personality and self-compassion in patients seeking bariatric surgery*. Poster session presented at the National Bariatric Surgery Convention.
- Winterowd, C.**, Magruder, S., Shaw, P., Sneed, J., Harrist, S. (2014, March). *The relationship of empathy and self-compassion in college students*. Poster session presented at the annual meeting of the American Psychological Association convention, Washington, D.C.
- Winterowd, C.**, Adams, E., & Miville, M. (2014, March). *Operationalizing, instilling, and assessing Counseling Psychology training values in academic programs to prepare professional psychologists to serve a diverse public*. Paper session presented as part of the symposium, *Is it time to retire the Training Values Statement?*, at the National Counseling Psychology Conference, Atlanta, Georgia.
- Winterowd, C.**, Macgruder, S., Shaw, P., Sneed, J., Harrist, S. (2014, March). *The relationship of self-compassion and anger in college students*. Poster session presented at the National Counseling Psychology Conference, Atlanta, Georgia.
- Macgruder, S., Sneed, J., Shaw, P., **Winterowd, C.**, Forbes, O., Harrist, S. (2013, November). *The relationship of self-compassion and anger in college students*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapy, Nashville, Tennessee.
- Roring, S., Emrich, P., & **Winterowd, C.**, (2013, August). *Coping strategies as a moderator of the relationship between attachment and separation-individuation*. Poster session presented at the annual meeting of the American Psychological Association, Honolulu, Hawaii.

- Winterowd, C., Roring, S., Dziedzic, A., Roring, Crethar, H., Witham, R., Procopio, S., & Dinnen, K.** (2013, August). *The relationship of parental and peer attachment with well-being in adolescents.* Poster session presented at the American Psychological Association annual meeting, Honolulu, Hawaii.
- Zamora, R., McCadney, A., & **Winterowd, C.** (2013, August). *Love styles, romantic attachment styles, and relationship satisfaction in self-identified lesbian individuals.* Poster session presented at the American Psychological Association annual meeting, Honolulu, Hawaii.
- Zamora, R., **Winterowd, C.,** Koch, J., & Roring, S. (2013, August). *The relationship between love styles and romantic attachment styles in gay men.* Poster session presented at the annual meeting of the American Psychological Association, Honolulu, Hawaii.
- Dziedzic, A., Irvin, A., & **Winterowd, C.** (2012, August). *The relationship of parental and peer attachments and romantic connections with self-injurious behaviors among college students.* Poster session presented at the annual meeting of the American Psychological Association, Orlando, FL.
- Mulligan, T., & **Winterowd, C.** (2011, August). *Relationship of music preference and music function with coping in university students.* Poster session presented at the annual meeting of the American Psychological Association, Washington, D.C.
- Roring, S., & **Winterowd, C.** (2011, August). *Attachment, negative self-schemas, and coping with separation-individuation during the transition to college.* Poster session presented at the annual meeting of the American Psychological Association, Washington, D.C.
- Zamora, R., **Winterowd, C.,** & Koch, J. (2011, August). *The relationship of love styles and romantic attachment styles in gay men.* Poster session presented at the annual meeting of the American Psychological Association, Washington, D.C.
- Winterowd, C.,** Edwards, S., Wendell, J., Copeland, C., Johnson, G., & Dunkle, A. (2011, August). *Anger and aggression in high school athletes and nonathletes.* Poster session presented at the annual meeting of the American Psychological Association, Washington, D.C.
- McKee, M., **Winterowd, C.,** Roring, S., Porras, C., & Westerling, T. (2010, February). *The relationship of negative self-schemas and partner attachment styles with anger experience and expression in male batterers.* Poster session presented at the Interpersonal Violence conference.
- Leeker, O., & **Winterowd, C.** (2009, August). *Sexual orientation and gender identity group differences in indirect aggression.* Poster session presented at the annual meeting of the American Psychological Association, Toronto, CA.
- Roring, S., & **Winterowd, C.** (2009, August). *Attachment and perceived social support with social anxiety and social phobia in college students.* Poster session presented at the annual meeting of the American Psychological Association, Toronto, CA.

- Benton, S., & **Winterowd, C.** (2008, March). *Maximizing training continuity and trainee competence: Creating a shared vision between academic training staff and internships.* Working group facilitated and working group products presented at the International Counseling Psychology Conference, Chicago, IL.
- Johnson, L., **Winterowd, C.**, Reeves, N., Terral, B., Sims, W., & Garst, M. (2008, March). *Body image and body image self-consciousness in college women.* Poster session presented at the International Counseling Psychology Conference, Chicago, IL.
- Leeker, O., & **Winterowd, C.** (2008, March). Sexual orientation and gender identity group differences in indirect aggression. Poster session presented at the International Counseling Psychology Conference, Chicago, IL.
- Winterowd, C.**, Montgomery, D., Stumblingbear, G., Harless, D., Hicks, K., & Webster, K. (2008, March). Tribal attachment in American Indian people. Poster session presented at the International Counseling Psychology Conference, Chicago, IL.
- Winterowd, C.**, & Benton, S. (2008, March). *Best practices in communication between academic and internship training directors regarding students' progress and performance.* Symposium session presented at the International Counseling Psychology Conference, Chicago, IL.
- Winterowd, C.**, Adams, E., Miville, M., & Mintz, L. (2008, March). Operationalizing, instilling, and assessing Counseling Psychology training values related to diversity in academic programs. Paper presented as part of a symposium on Counseling Psychology Model Training Values Statement Addressing Diversity at the International Counseling Psychology Conference, Chicago, IL.
- Winterowd, C.**, Montgomery, D., Stumblingbear, G., Harless, D., Hicks, K., & Webster, K. (2007, November). *Development of the American Indian Enculturation Scale.* Poster session presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Klibert, J., Stumblingbear, G., & **Winterowd, C.** (2007, November). *The relationship of negative self-schemas and perfectionism in college students.* Poster session presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Stumblingbear, G., Klibert, J., & **Winterowd, C.** (2007, November). *Negative self-schemas and emotional distress in college students.* Poster session presented at the Association for Behavioral and Cognitive Therapies Conference, Philadelphia, PA.
- Stumblingbear, G., Klibert, J., & **Winterowd, C.** (2006, November). *Do coping strategies promote or exacerbate mental health in college students?* Poster session presented at the Association of Behavioral and Cognitive Therapies Conference Chicago, IL.

- Winterowd, C.**, Montgomery, D., Stumblingbear, G., Harless, D., & Hicks, K. (2006, November). *Behavioral Measure for American Indian Acculturation*. Poster session presented at the Association of Behavioral and Cognitive Therapies Conference Chicago, IL.
- Winterowd, C.**, Montgomery, D., Miville, M., Stumblingbear, G., & Harless, D. (2006, August). *Development of the American Indian Acculturation Scale*. Poster session presented at the American Psychological Association New Orleans, LA.
- Ledoux, T., **Winterowd, C.**, Young, T., & Dorton, J. (2005, August). *Body image group differences in negative self-schemas and attachment styles*. Poster session presented at the American Psychological Association, Washington, D.C.
- Winterowd, C.**, Williams, D., Cain, M., Bland, K., Miville, M., & Dorton, J. (2004, November). *Resilient core beliefs of American Indian people*. Poster session presented at the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- Winterowd, C.**, Willmon, S., & Schultz, L. (2004, November). *Anger, post-colonial stress, acculturation, and hope among American Indian peoples*. Symposium paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- Ledoux, T., **Winterowd, C.**, Young, T., & Dorton, J. (2004, November). *Negative self-schemas, attachment, and appearance schemas in college women*. Poster session presented at the annual meetin of the Association for the Advancement of Behavior Therapy, New Orleans, LA, AABT Student Special Interest Group poster award.
- McKee, M., & **Winterowd, C.** (2004, November). *Negative self-schemas and partner attachment styles in male batterers*. Poster session presented at the annual meetin of the Association for the Advancement of Behavior Therapy, New Orleans, LA, AABT Student Special Interest Group poster award.
- Winterowd, C.**, Thomason, N., Worth, S., & Harrist, S. (2003, November). *The relationship of spiritual beliefs and involvement with the experience of anger and stress in college students*. Poster session presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.
- Campbell, D., & **Winterowd, C.** (2003, November). *The relationships among negative self-schemas, partner attachment styles, and relationship adjustment*. Poster session presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.
- Colmant, S., Eason, A., **Winterowd, C.**, Jacobs, S., & Cashel, C. (2003, August). *The effects of sweat therapy on group dynamics*. Poster session presented at the annual meeting of the American Psychological Association, Toronto, Canada.

- Miville, M., Williams, D., Cain, M., Beach, B., De La Rosa, C., & **Winterowd, C.** (2003, August). *Development of the Core Beliefs Scale for American Indians*. Poster session presented at the annual meeting of the American Psychological Association, Toronto, Canada.
- Winterowd, C.** & Edwards, S. (2002, August). *Anger and aggression in male athletes and non-athletes*. Poster session presented at the annual meeting of the American Psychological Association.
- Kells, K., & **Winterowd, C.** (2002, August). *SOCRATES and cognitive factors across three substance abuse treatments*. Poster session presented at the annual meeting of the American Psychological Association.
- Pongratz, R., & **Winterowd, C.** (2002, August). *Dogmatism, emotional intelligence, and anger in college students*. Poster session presented at the annual meeting of the American Psychological Association.
- Sheader-Wood, J., & **Winterowd, C.** (2001, November). *The relationship of negative self-schemas with the experience of anger and anger expression*. Poster session presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Philadelphia, PA.
- Winterowd, C.**, Wertheimer, J., McCracken, J., Swaim, K., Austin, S. (2001, August). *Parental absence and gender effects on adolescent attachment and anger*. Poster session presented at the annual meeting of the American Psychological Association, San Francisco, CA.
- Gray, J., **Winterowd, C.**, Perry, K., Transgrud, H., & Rudolph, S.. (2001, August). *Court mandated divorced parent education: Influences on parenting after divorce*. Poster session presented at the annual meeting of the American Psychological Association, San Francisco, CA.
- Winterowd, C.**, Miville, M., Willmon, S., Dudley, A., Schultz, L., Sheader-Wood, J., Warner, L., Big Foot, B., & Canon, A. (2001, August). *Anger, acculturation, post-colonial stress, and hope among American Indian peoples*. Poster session presented at the annual meeting of the American Psychological Association, San Francisco, CA.
- Iwamasa, G., Felgoise, S., **Winterowd, C.**, Follette, V., Pai, S., & Sorocco, K. (2001, July). *Women behavior therapists in academe: Balancing professional and personal lives* (Iwamasa, Chair). Panel discussion presented at the World Congress of Behavioral and Cognitive Therapies, Vancouver, Canada.
- Winterowd, C.** (2001, March). *Athletes out of control*. Paper presented as part of the symposium, *Anger and violence in our society: Counseling Psychologists making a difference in youth, culture, and sport* (**Winterowd, chair**). Symposium presented at the Counseling Psychology Houston 2001 Conference.



- Pikler, V., & **Winterowd, C.** (2000, August). *Racial and body image differences in coping with breast cancer*. Poster session presented at the annual meeting of the American Psychological Association.
- Winterowd, C.**, Porterfield, S., Boswell, D., & Kells, K. (2000, August). *Applied psychology graduate students' attitudes toward prescription privileges for psychologists*. Poster session presented at the annual meeting of the American Psychological Association.
- Winterowd, C.**, Boswell, D., Mulligan, T., & Kazanecki, S. (2000, August). *Gender role identity, sex, and coping styles in college students*. Poster session presented at the annual meeting of the American Psychological Association convention.
- Boswell, D., Kazanecki, S., **Winterowd, C.**, & Mulligan, T. (2000, August). *Perceived social support and disability status on coping behavior*. Poster session presented at the annual meeting of the American Psychological Association.
- Carlozzi, A., Cochran, L., Johnson, R., & **Winterowd, C.** (1999, August). *Relationship beliefs, perceptions and satisfaction among marriage and family therapists*. Poster session presented at the annual meeting of the American Psychological Association, Boston, MA.
- Ferrell, S., **Winterowd, C.**, & Bertoch, D. (1999, August). *An exploratory factor analysis of the 40-item SOCRATES*. Poster session presented at the annual meeting of the American Psychological Association, Boston, MA.
- Jeffries, B., Montgomery, D., Miville, M., **Winterowd, C.**, Baysden, M., Kells, K., Wood, K (1999, August). *American Indian college students: Resiliency factors revealed through personal stories*. Poster session presented at the annual meeting of the American Psychological Association, Boston, MA.
- Miville, M., Alexander, P., Carlozzi, A., Gray, J., Mullins, L., & **Winterowd, C.** (1999, August). *American Indians Into Psychology: A bicultural training model*. Symposium presented at the annual meeting of the American Psychological Association, Boston, MA.
- Morgan, B., **Winterowd, C.**, & Fuqua, D. (1999, August). *The efficacy of a group psychotherapy program for male inmates*. Poster session presented at the annual meeting of the American Psychological Association, Boston, MA.
- Van Haveren, R., **Winterowd, C.**, & Fuqua, D. (1999, August). *Levels of career decidedness and negative career thinking patterns by athletic status, gender, and academic class*. Poster session presented at the annual meeting of the American Psychological Association, Boston, MA.
- Winterowd, C.**, Snider, B., Porterfield, S., Gray, J., Horton, T., Hall, C., Harmon, B., Locke, S., & Hix, R. (1999, August). *Referral and consultative relationships between primary care*

- physicians and psychologists*. Poster session presented at the annual meeting of the American Psychological Association, Boston, MA.
- Winterowd, C.,** Gray, J., Romans, J., Hall, C., & Daheim, T. (1997, November). *Health risk behaviors in American Indian adolescents*. Poster session presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Miami Beach, Florida.
- Morgan, R., **Winterowd, C.,** & Ferrell, S. (1997, August). *National survey of group psychotherapy services in correctional facilities*. Poster session presented at the annual meeting of the American Psychological Association, Chicago, Illinois.
- Street, V., **Winterowd, C.,** & Boswell, D. (1997, August). *Perceived social support, disability status, and affect in college students*. Poster session presented at the annual meeting of the American Psychological Association, Chicago, Illinois.
- Edwards, S., Pierce, D., & **Winterowd, C.** (1996, August). *Screening athletes for potential performance problems*. Poster session presented at the annual meeting of the American Psychological Association, Toronto, Canada.
- Vacha-Haase, T., & **Winterowd, C.** (1996, August). Preparing for a career in academia: Applying and interviewing for a tenure track position and surviving the first year as an assistant professor. In T. Vacha-Haase and C. Winterowd (Co-chairs), *Women in academia: Salient issues throughout the career span*. Roundtable symposium presented at the annual meeting of the American Psychological Association Convention, Toronto, Canada.
- Winterowd, C.,** Gray, J., Romans, J., & Hall, C., and Daheim, T. (1996, August). *The relationship between academic expectations and wellness in high school students*. Poster session presented at the American Psychological Association Convention, Toronto, Canada.
- Winterowd, C.,** Gray, J., Romans, J., Daheim, T., & Hall, C. (1996, April). *The relationship between academic expectations and wellness in junior high students*. Poster session presented at the Southwestern Psychological Association Convention.
- Winterowd, C.,** O'Brien, M., & Krieschok, T. (1995, August). *Vocational identity and career salience in mothers of infants*. Poster session presented at the annual meeting of the American Psychological Association, New York, New York.
- Price, G., Dinas, P., Dunn, C., & **Winterowd, C.** (1995, January). *Group work with clients experiencing grieving: Moving from theory to practice*. Paper presented at the annual meeting of the National Association for Specialists in Group Work, Athens, GA.

- Andersen, P., & **Winterowd, C.** (1993, March). *The Excelsior Model: Changing the chilly climate for gender role education on campus*. Paper presented at the annual meeting of the American College Personnel Association, Kansas City, Missouri.
- Subich, L., & **Winterowd, C.** (1992, August). *Vocational theory into career counseling practice*. Roundtable discussion presented at the annual meeting of the American Psychological Association, Washington, D.C.
- Winterowd, C.**, & Coder, T. (1991, August). *A call for graduate training in supervision*. Paper presented at the annual meeting of the American Psychological Association, San Francisco, California.
- McDermott, D., & **Winterowd, C.** (1991, April). *A model for the treatment of college age children of alcoholics*. Paper presented at the annual meeting of the American Association for Counseling and Development, Reno, Nevada.
- Winterowd, C.**, & Krieshok, T. (1989, August). *Antecedents of low vocational identity in college freshmen*. Poster session presented at the annual meeting of the American Psychological Association, New Orleans, Louisiana.
- Cowan, N., Cartwright, C., **Winterowd, C.**, & Sherk, M. (1987, April). *A bridge between the speech memory systems of young children and adults*. Poster session presented at the biennial meeting of the Society for Research in Child Development, Baltimore, Maryland.
- Regional Peer-Reviewed Presentations**
- Miller, R., & **Winterowd, C.** (2017, June). *The relationship of self-compassion and well-being in African American/Black men and women*. Paper session presented at the Black Graduate Conference in Psychology, Prairie View, Texas.
- Koch, J., Dunkle, A., Johnson, G., & **Winterowd, C.** (2013, April). *Suicide intervention in the public schools*. Symposium presented at the Southwestern Psychological Association convention, Dallas, TX.
- Roring, S.A., **Winterowd, C.**, Dziedzic, A., Crethar, H., Witham, R., Dinneen, K., & Procopio, S. (2013, April). *Attachment and emotional well-being in a clinical sample of adolescents*. Presented at the Southwestern Psychological Association, Ft. Worth, TX.
- Luna, A., **Winterowd, C.**, & Klibert, J. (2011, April). *Self-monitoring, psychological distress, and social comparison with substance use*. Presented at the Southeastern Psychological Association Conference, Jacksonville, Florida.
- Chaney, J., **Winterowd, C.**, Gray, J., & Dunlap, M. (1999, April). *American Indians for Careers in Psychology*. Symposium presented at the annual meeting of the Southwestern Psychological Association, Albuquerque, NM.

Gray, J. & **Winterowd, C.** (1999, April). *Factor analysis of the Parent Attitude Questionnaire (PAQ)*. Poster session presented at the annual meeting of the Southwestern Psychological Association.

Porterfield, S., & **Winterowd, C.** (1999, April). *Limited prescription privileges for psychologists: Attitudes of doctoral-level counseling psychology students*. Poster session presented at the annual meeting of the Southwestern Psychological Association.

Ferrell, S., Morgan, R., & **Winterowd, C.** (1997, October). *Job satisfaction in mental health professionals providing group therapy in state correctional facilities*. Poster session presented at the Rocky Mountain Educational Research Conference, Stillwater, Oklahoma.

**Winterowd, C.**, Gray, J., Romans, J., Hall, C., & Daheim, T. (1996, October). *The relationship between health-risk behaviors, perceived academic success, and academic expectations in American Indian high school students*. Poster session presented at the annual meeting of the Rocky Mountain Educational Research Association, Stillwater, Oklahoma.

#### **State Peer-Reviewed Presentations**

**Winterowd, C.** (1998, November). *Practical applications of Beckian cognitive therapy*. Presented at the annual meeting of the Oklahoma Psychological Association, Oklahoma City, OK.

Miville, M., **Winterowd, C.**, Montgomery, D., Wood, K., & Robertson, J. (1998, March). *Multicultural issues in psychology*. Presented at the annual Oklahoma Psychological Association/Oklahoma Psychological Society research conference

Price, G., Dinas, P., Dunn, C., & **Winterowd, C.** (1992, April). *Use of group process for clients experiencing grieving and loss*. Paper presented at the annual meeting of the Kansas Association for Counseling and Development, Hutchinson, Kansas.

#### **Local Peer-Reviewed Presentations**

**Winterowd, C.**, Coder, T., & Wood, J. (1989, April). *Reframing, prescribing, and restraining: Critical components and applications of paradoxical interventions*. Paper presented at the Interdisciplinary Symposium: Therapeutic and Behavioral Interventions, The University of Kansas, Lawrence, Kansas.

#### **Invited Presentations**

**Winterowd, C.** (2019, 2018, 2017, 2016, 2015, 2014, 2012, May, June, July, September, October). *Cognitive therapy: A series of experiential workshops*. Presented at Family and Children's Services of Tulsa, Tulsa, OK.

**Winterowd, C.** (2003, October). *Cognitive therapy with chronic pain patients*. Presented at the annual Kansas Psychological Association conference, Kansas City, MO.

**Winterowd, C.** (2003, June). *Cognitive therapy*. Presented at the Helen Farabee Center, Wichita Falls, TX.

**Winterowd, C.** (2003, March). *Cognitive therapy with chronic pain patients*. Presented at the Greater Kansas City Psychological Association meeting.

Ferrell, S., & **Winterowd, C.** (1999, October). *Motivation for change and its relation to psychiatric severity in male veterans entering outpatient group treatment for substance abuse problems*. Poster session presented at eighth annual meeting of the Neurobiology of Addictions-Neural, Behavioral, and Clinical Features, Oklahoma Center for Neuroscience, University of Oklahoma Health Sciences Center, Oklahoma City, OK.

**Winterowd, C.** (1997, April). *Stress management*. Presented to the College of Veterinary Medicine, Oklahoma State University.

**Winterowd, C.** (1994, February). *Cognitive therapy with chronic pain patients: Case examples*. Paper presented at the Center for Cognitive Therapy, University of Pennsylvania.

**Winterowd, C.** (1993, November). *Cognitive therapy with chronic pain patients: Theoretical formulations*. Paper presented at the Center for Cognitive Therapy, University of Pennsylvania.

## **TRAINING GRANTS**

“American Indians into Psychology,” PHS Indian Health Service, Principal Investigator: John Chaney, Co-Principal Investigators: Patricia Alexander, Al Carlozzi, Marie Miville, Larry Mullins, and Carrie Winterowd, 1999-2000, \$200,000, 1998-1999, 200,000, 1997-98, \$70,000.

Doctoral practicum program grant, St. Anthony Hospital, Oklahoma City, OK, 2003-2004, \$7,200; 2002-2003, \$6,600; 2001-2002, \$6,600; 2000-2001, \$6,000; 1999-2000, \$6,000.00.

Doctoral practicum program, Wings of Hope, Stillwater Domestic Violence Services, Stillwater, Oklahoma, 2018-2019, approximately \$19,992; 2017-2018, \$19,992; 2016-2017, \$19,992, 2015-2016, \$6,000, 2014-2015 \$12,000, 2013-2014 \$12,000, 2012-2013 \$26,000; 2011-2012, 2010-2011, 2009-2010, and 2008-2009 (Stone Fellowship), \$13,000 each; 2004-2005, \$15,437; 2003-2004, \$6,500.00; 1996-1997, \$10,000.00; Summer 1996, \$1,750.00.

Doctoral practicum program, Payne County Youth and Family Services, 2019-2020, approximately 20,000; 2018-2019, approximately \$30,000; 2017-2018, \$25,000; 2016-2017, \$19,992; 2015-2016; 2014-2015; 2013-2014; 2012-2013; 2011-2012, 2010-2011, 2009-2010, \$12,360 each; 2008-2009, \$12,360; 2004-2005, \$12,360; 2003-2004, \$12,000.

Doctoral practicum program grant, Stillwater Women's Clinic, Stillwater, OK, 2002-2003, \$14,400; 2001-2002, \$7,200; 2000-2001, \$7,200.00.

Doctoral practicum program grant, INTEGRIS Jim Thorpe Rehabilitation Hospital, Oklahoma City, OK, 1999-2000, \$7,200.00; 1998-99, \$6,500.00; 1996-1997, \$7,500.00.

Master's practicum program grant, Northern Oklahoma Resource Center, Enid, OK, 1999-2000, \$25,000.

Doctoral practicum program grant, Osage Nation Counseling Center, Pawhuska, Oklahoma, 1998-99, \$3,600.00; 1997-1998, \$10,900.00; 1996-1997, \$5,400.00.

## **RESEARCH GRANTS**

### *Internal Grants*

"Self-Compassion and Emotional Well-Being in Adolescents", College of EHA Faculty Research Support Grant, Oklahoma State University, Principle Investigator: Carrie Winterowd, \$500.00, 2018

"Factors Associated with Self-Compassion in Underserved Populations Including Gay, Lesbian, and Bisexual Individuals and American Indian/Native American People," College of Education Faculty Research Support Grant, Oklahoma State University, Principal Investigator: Carrie Winterowd, 2013-2014, one month summary salary, .50 GA for Spring and Summer 2014 semesters.

"Adaptive and Maladaptive Aspects of Perfectionism," Dean's Research Support Grant, College of Education, Oklahoma State University, Principal Investigator: Carrie Winterowd, 2006, \$6,000.00.

"Athletic Status and the Use of Aggression in High School Males," Dean's Research Support Grant, College of Education, Oklahoma State University, Principal Investigator: Carrie Winterowd, 2004, \$4,510.00.

"The Influence of Disability Status and Sex Role Identity on Coping Styles and Perceived Social Support in College Students," Dean's Research Support Grant, College of Education, Oklahoma State University, Principal Investigator: Carrie Winterowd, 1999, \$1,960.00.

"Applied Psychology Doctoral Students' Attitudes Toward Limited Prescription Priviledges for Psychologists," Dean's Research Support Grant, College of Education, Oklahoma State University, Principal Investigator: Carrie Winterowd, 1998, \$2,300.00.

"An Exploratory Study of Referral and Consultative Relationships Between Primary Care Physicians and Licensed Psychologists," Dean's Research Support Grant, College of Education, Oklahoma State University, Principle Investigator: Carrie Winterowd, 1997, \$2,400.00.

“Factors Influencing Resiliency Among American Indian Students in Higher Education,” Dean’s Research Support Grant, College of Education, Oklahoma State University, Co-principal investigators: Marie Miville, Carrie Winterowd, and Diane Montgomery, 1997, \$4,050.00.

“A National Survey of Current Group Psychotherapy Services in State Correctional Facilities,” Dean’s Research Support Grant, College of Education, Oklahoma State University, Principle Investigator: Carrie Winterowd, 1996, \$2,000.00.

“Athletic Status and the Use of Aggression in Young Males,” Dean’s Research Support Grant, College of Education, Oklahoma State University, Co-principle investigators: Carrie Winterowd and Steve Edwards, 1996, \$3,900.00.

### ***External Grant Involvement/Submissions***

Program Evaluator, Native Connections Grant, The Iowa Tribe of Oklahoma and Oklahoma State University, SAMSHA, June 2019 to Present.

“Interdisciplinary Obesity Treatment for Underserved Adolescents,” USDA, PI: Maria Spicer, Oklahoma State University, Co-PI: Carrie Winterowd, Jerry Jordan, and Kayse Shium, Oklahoma State University, 2004, \$1,000,000, Not funded.

“Developmental Model of Stress Reduction for Women at Risk of Drug Use,” National Institute for Drug Abuse, PI: Yvonne Montgomery, Langston University, Co-PI: Carrie Winterowd and Katie Perry, Oklahoma State University, 1997, \$50,000, Not funded.

“Athletic Status and the Use of Aggression in Young Males,” Department of Health and Human Services, National Institute of Mental Health, Violence and Trauma Section, Co-Principal Investigators: Steven Edwards and Carrie Winterowd, 1996 \$57,690, Not funded.

### **DISSERTATIONS DIRECTED (35)**

“Mental health clinicians’ self-reported disgust and empathic understanding toward a hypothetical client case varying by presence and type of sexual offense, Jessica Collins, 2019.

“The relationship of multicultural competence and cultural psychological capital with comfort in working with culturally diverse clients”, Dathan Freeman, 2019.

“The relationship of gendered racism, stress, and anger in African American/Black women”, RaiNesha Miller, 2019.

“The relationship of self-compassion and hope with quality of life for individuals with bleeding disorders”, Darci Klein, 2018.

“The relationship of self-compassion and outness with psychological distress for transgender individuals”, Chris Allen, 2017

“The relationship of self-compassion with thwarted belongingness and perceived burdensomeness in American Indian/Alaska Native People”, Sarah Tielke, 2016

“The relationship of parental, intergenerational, and peer connections with the engagement in risky sexual behavior and sexting among college students”, Kimberly Samuels, 2015

“The relationship of attachment and self-silencing with disordered eating in men”, Adam Dziedzic, 2014

“Psychological sense of community and social support among college students who experience grief”, Rachel McNally, 2014

“Attachment, negative self-schemas, and coping with separation-individuation during the transition to college”, Student: Steven Roring, 2011

“The relationship of personality and parental and peer attachment with the experience and expression of anger in juvenile offenders”, Student: Lesli Johnson, 2010.

“The relationship of attachment and spirituality with posttraumatic growth following a death loss for college students”, Student: Kristi Bratkovich, 2010.

“Anger and aggression among athletes in contact versus noncontact sports”, Student: Dylan Burns, 2009.

“The relationship of general attachment dimensions and physician-patient attachment with the experience and expression of anger among chronic pain patients”, Student: Wendy Sims, 2009.

“The relationship of music preference and music function with coping in university students”, Student: Tim Mulligan, 2009

“The relationship of self-monitoring, psychological distress, and social comparison with substance use in college students”, Student: Amy Luna, 2009

“The relationship of parental and peer attachments and romantic connections with self-injurious behaviors among college students, Student: Alicia Irvin, 2008

“The relationship of historical loss, racism, and emotional distress to binge eating and body mass index in Native Americans”, Student: Julie Dorton, 2007.

“The relationship of self-esteem and body image with indirect aggression among college students”, Student: Tamara Young, 2007.

“Personal and cultural factors associated with substance use among American Indian people”, Student: Melanie Cain, 2007.

“The relationship of personality and negative self-schemas and anger among college students,” Student: Jenny Sheader Wood, 2005.



“The effectiveness of sweat therapy with college students,” Student: Stephen Colmant, 2005.

“Anger and post-colonial stress among American Indian people,” Student: Lahoma Schultz, 2005.

“Indirect aggression among married couples,” Student: Lauren Warner, 2004.

“Negative self-schemas and partner attachment styles in male batterers,” Student: Michael McKee, 2003.

“The relationship among negative self-schemas, partner attachment styles, and relationship satisfaction,” Student: David Campbell, 2002.

“Spiritual beliefs and involvement and quality of life in patients with traumatic brain injuries,” Student: Jeffrey Wertheimer, 2002.

“An examination of the component structure of the SOCRATES and relationships with cognitive factors across three treatment groups,” Student: Kevin Kells, 2001

“Attitudes toward genetic predictive testing,” Student: Stephanie Porterfield, 2001

“The efficacy of an interpersonal/cognitive-behavioral group psychotherapy program with male inmates,” Student: Robert Morgan, 1999.

“Levels of career decidedness and negative career thinking patterns by athletic status, gender, and academic class.” Student: Rick Van Haveren, 1999.

“Principle components analysis of the 40-item Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES) and its relation to treatment participation in male veterans entering outpatient group treatment for substance abuse problems,” Student: Sean Ferrell, 1999.

“Twenty item Toronto Alexithymia Scale: Construct validity in a college student population,” Student: Todd Eiden, recipient of Graduate Research Excellence Award for Group V, Teacher Education, Graduate College, 1998.

“The effectiveness of a court mandated divorced parent education program,” Student: Jacqueline Gray, 1998.

### **MASTER’S THESES DIRECTED (8)**

“Self-compassion and outness with emotional well-being in Gay, Lesbian, and Bisexual individuals”, Clinton Marks, 2014

“Work values of American Indian/Native American college students,” Student: Jake Roberts, 2012.

“Love styles and romantic adult attachment for gay men in partnered relationships”, Student: Rich Zamora, 2010.

“Attachment and perceived social support with social anxiety and social phobia in college students”, Student: Steven Roring, 2008.

“The relationships of emotional intelligence, dogmatism, and sex with the experience and expression of anger in college students,” Student: Richard Pongratz, recipient of Graduate Research Excellence Award for Group V, Teacher Education, Graduate College, 2001.

“The relationship of negative self-schemas with the experience of anger and anger expression,” Student: Jennifer Sheader Wood, 2000

“Racial and body image differences in coping and self-efficacy in coping with breast cancer,” Student: Vanessa Pikler, 1999

“The relationship between perceived social support, disability status, and affective states in college students,” Student: Verena Street, 1997

## **COURSES TAUGHT**

### ***Oklahoma State University***

CPSY 5000: Master’s Thesis  
ABSED 5223: Psychology of Disability  
CPSY 5320: Seminar in Counseling Psychology: Beck’s Cognitive Therapy  
CPSY 5563: Conceptualization and Diagnosis in Counseling  
CPSY 5590: Counseling Practicum: Marriage and Family Therapy  
CPSY 5593: Counseling Practicum  
CPSY 5453: Vocational and Career Information  
CPSY 5473: Introduction to Counseling Practice/Basic Counseling Skills  
CPSY 5583: Group Process  
CPSY 5593: Counseling Practicum  
CPSY 5683: Internship in Counseling I  
CPSY 5693: Internship in Counseling II  
CPSY 5720: Cognitive Therapy: Basics and Beyond  
CPSY 6000: Doctoral Dissertation  
CPSY 6053: Ethical and Legal Issues in Counseling Psychology  
CPSY 6083: Principles of Counseling Psychology  
EPSY 6133: History and Systems of Psychology  
ABSED 6153: Personality Theories  
CPSY 6223: Beck’s Cognitive Therapy  
ABSED 6310: Advanced Practicum and Supervision  
CPSY 6313: Advanced Group Interventions  
CPSY 6413: Counseling Psychology Practicum I  
CPSY 6423: Counseling Psychology Practicum II  
CPSY 6443: Counseling Psychology Practicum IV

CPSY 6560: Advanced Internship in Counseling Psychology  
CPSY 6850: Directed Readings

***Iowa State University***

Academic Study Skills  
Counseling Practicum

**PROFESSIONAL SERVICE ACTIVITIES**

***National/International Service***

Tri-Chair, Sponsors and Exhibitors Committee, National Counseling Psychology Conference, August 2019 to Present.

Co-Chair, Native American Issues in Behavior Therapy and Research Special Interest Group, Association of Behavioral and Cognitive Therapy, November 2018 to Present.

Chair, Hospitality Suite Meeting Spaces, Division 17, Society of Counseling Psychology, APA Convention, Denver, CO, 2015-2016, 2014-2015.

Co-Chair, Sponsors and Exhibitors Committee, National Counseling Psychology Conference, April 2013 to April 2014.

Co-Chair, Native American Issues in Behavior Therapy and Research Special Interest Group, Association for Cognitive and Behavioral Therapies (ACBT), November 2010 to November 2011.

Past Chair, Council of Counseling Psychology Training Programs (CCPTP), August 2008 to August 2009.

Chair, Council of Counseling Psychology Training Programs (CCPTP), August 2007 to August 2008.

Chair, Sponsor and Exhibitor Committee, International Counseling Psychology Conference, April 2007 to March 2008.

Steering Committee Member, International Counseling Psychology Conference, August 2005 to March 2008.

Board Member, Council of Counseling Psychology Training Programs, June 2005 to August 2009.

Nominations and Elections Chair, Association for the Advancement of Behavior Therapy, November 2003 to November 2005.

Student Membership Committee Chair, Association for the Advancement of Behavior Therapy, July 2000 to November 2003.

Faculty Advisor, Student Special Interest Group, Association for the Advancement of Behavior Therapy, July 2000 to November 2003.

Ad Hoc Reviewer, *The Journal of Counseling Psychology*, September 1996 to Present.

Ad Hoc Reviewer, *Cultural Diversity and Ethnic Minority Psychology*, February 2001 to Present.

Ad Hoc Reviewer, *Journal of Social and Clinical Psychology*, February 2001 to Present.

Site Visitor, American Psychological Association, Indiana State University, March 2000.

Program Committee, Association for the Advancement of Behavior Therapy, 2000, 2003.

Membership Committee Member, Association for the Advancement of Behavior Therapy, 1999-2000.

Panel Member, Cognitive Therapy Series, Psychological Broadcasting Corporation, August 1999 to July 2001.

Reviewer, Annual New Investigator and Student Research Award, Women's Issues Special Interest Group, Association for the Advancement of Behavior Therapy, 1998.

Book Reviewer, Compact Clinicals Publishing Company, *Major Depressive Disorder in Adults*, Spring 1995.

### ***Regional/State/Local Service***

Cognitive Behavioral Therapy Consultant and Presenter, Family and Children's Services of Tulsa, 2015 to Present.

Research Consultant and Advisor Board Member, Payne County Youth and Family Services, Stillwater, OK, July 2009 to Present.

Consultant, Wings of Hope, Stillwater Domestic Violence Services, Stillwater, OK, October 2009 to Present.

Cognitive Therapy Consultant, Domestic Violence Intervention Services, Tulsa, OK, January 2006 to May 2006.

Reviewer, Rocky Mountain American Educational Research Association Annual Meeting, Summer 1996, 1997.

Consultant, Osage Nation Counseling Center, Pawhuska, Oklahoma, January 1996 to August 1999.

### ***University Committees/Service***

Mentor, Preparing Future Faculty Program, Oklahoma State University, May 2018 to May 2019.

Mentor and Advisory Board Member, Preparing Future Faculty Program, Oklahoma State University, August 2003 to August 2009.

Research Mentor, American Indians Into Psychology Program, Oklahoma State University, June 2001 to Present.

Member, Student Conduct Committee, Oklahoma State University, August 2001 to 2004.

Reviewer, Lew Wentz Scholarship Research Awards for Undergraduate Students, Oklahoma State University, Spring 1995.

Faculty Mentor, Oklahoma State University Mentor-Mentee Program for College Freshmen, 1995-1996, 1997-1998, and 1998-1999.

Faculty Associate, Oklahoma State University Residence Halls, 1994-1999, 2003-2004.

Committee Member, Search Committee for Assistant Director, University Counseling Services, Oklahoma State University, Summer 2000.

Committee Member, Search Committee for Director, University Counseling Services, Oklahoma State University, Summer 1998.

Committee Member, Search Committee for Staff Psychologist, University Counseling Services, Oklahoma State University, Summer 1998.

### ***College Service***

Member, College of Education RPT Committee, October 2016 to November 2017, April 2018 to Present.

Member, College of EHA Scholarship Committee, October 2018 to April 2019.

Member, College of Education Workload Committee, April 2006 to April 2009.

Member, College of Education Faculty Research and Development Committee, August 2006 to August 2008.

Chair, School Counseling Faculty Search Committee (College of Education Committee), November 2000 to May 2001.

Member, College of Education, Programs and Planning Committee, August 1999 to July 2000.

Co-Chair, College of Education Student Affairs Committee, August 1997 to September 1999.

Member, Faculty Governance Council, College of Education, Fall 1997 to Summer 1999.

Committee Member, College of Education Scholarship Committee, College of Education, 1997 to 2000.

### ***School/Departmental Service***

Chair, HCCP ARPT Faculty Review Committee, August 2019 to Present.

Committee Member and Chair, Two CPSY faculty search committees, School of Community Health Sciences, Counseling and Counseling Psychology, October 2018 to April 2019.

Area Coordinator, Counseling and Counseling Psychology Area, School of Community Health Sciences, Counseling and Counseling Psychology, December 2018 to May 2019.

Training Director, doctoral program in Counseling Psychology (APA-accredited), November 2017 to July 2018.

Co-Training Director, doctoral program in Counseling Psychology (APA-accredited), June 2016 to April 2017.

Chair, CPSY Faculty Search Committee (2 faculty positions), October 2013 to May 2014.

Area Coordinator, Counseling and Counseling Psychology Area, School of Applied Health and Educational Psychology, August 2012 to June 2014.

Chair, ARPT Faculty Review Committee (13 actions were processed that year in our department), August 2012 to August 2013.

Chair, Faculty Development and Research Committee, School of Applied Health and Educational Psychology, August 2006 to August 2008.

Member, Faculty Development and Research Committee, School of Applied Health and Educational Psychology, August 2005 to August 2008.

Training Director, Counseling Psychology doctoral program, School of Applied Health and Educational Psychology, May 2003 to May 2006, September 2007 to September 2009.

Area Coordinator for Counseling Faculty, School of Applied Health and Educational Psychology, August 2000 to May 2002.

Associate School Head, School of Applied Health and Educational Psychology, January 2000 to June 2000.

Practicum Coordinator, doctoral program in Counseling Psychology and master's program in Counseling and Student Personnel, College of Education, Oklahoma State University, August 1995 to May 2003.

Member, School of Applied Health and Educational Psychology, Programs and Planning Committee, August 1999 to May 2002.

Member, Counseling Psychology Faculty Search Committee, January 2001 to May 2001.

Chair and Member, School of Applied Health and Educational Psychology, Student Affairs Committee, August 1997 to July 1999.

Committee Member, Applied Behavioral Studies Curriculum Committee, August 1996 to July 1997.

Committee Member, Applied Behavioral Studies Graduate Student Appointments, August 1995 to July 1996.

Committee Member, Applied Behavioral Studies Multicultural Task Force, August 1994 to July 1995.

## **PROFESSIONAL ORGANIZATIONS**

Member, American Psychological Association, Division 17 (Counseling Psychology), August 1993 to Present

Member, Association for Behavioral and Cognitive Therapies, November 2005 to Present (formerly known as the Association for the Advancement of Behavior Therapy).

Member, Association for the Advancement of Behavior Therapy, November 1995 to November 2005 (then it became Association for Behavioral and Cognitive Therapies).

Member, American Counseling Association, September 2016 to Present, August 1986 to November 1993, October 2016 to Present.

Member, International Association for Cognitive Psychotherapy, August 1995 to Present.

Member, Oklahoma Psychological Association, November 1998 to 2003.

Member, International Association for the Study of Pain, January 2003 to January 2006.

Member, American Pain Society, January 2003 to January 2006.

Member, Rocky Mountain Educational Research Association, October 1996-97.

Member, Southwestern Psychological Association, November 1995-96, 1998-99.

Student Affiliate, American Psychological Association, August 1986 to August 1993.

## **PROFESSIONAL REFERENCES**

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