

James Patrick Loveless

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EDUCATION

University of Virginia: Charlottesville, Virginia

Postdoctoral Fellowship in Behavioral Medicine

August 2019

East Carolina University: Greenville, North Carolina

Doctor of Philosophy in Health Psychology

July 2017

Emphasis: Clinical Health

APA Accredited Clinical Psychology Program

Master of Arts in Clinical Psychology

May 2015

Clemson University: Clemson, South Carolina

Master of Education in Counselor Education

August 2011

Emphasis: Clinical Mental Health Counseling

CACREP Accredited Program

Bachelor of Science in Psychology

May 2009

Minor: Public Health Sciences

Summa Cum Laude

PROFESSIONAL LICENCURE

Tennessee

Licensed Psychologist -Health Services Provider

License Number P0000003681, Expiration Date 10/31/2027

TEACHING EXPERIENCE

Middle Tennessee State University: Murfreesboro, TN

August 2019 – Present

Department of Psychology

Associate Professor (August 2025 – Present)

- Provides mentorship and formal instruction to graduate and undergraduate students enrolled at MTSU
- Courses taught/facilitated:
 - Psychology 3990: Research in Psychology
 - Psychology 4110: Issues and Ethics in Mental Health Services
 - Psychology 4650: Health Psychology
 - Psychology 6690: Professional Issues & Roles
 - Psychology 6801: Interviewing and Interventions/Foundations of Clinical Practice

Assistant Professor (August 2019 – July 2025)

- Provided mentorship and formal instruction to graduate and undergraduate students enrolled at MTSU
- Courses taught/facilitated:
 - Psychology 3990: Research in Psychology
 - Psychology 4110: Issues and Ethics in Mental Health Services
 - Psychology 4650: Health Psychology
 - Psychology 6340: Behavioral Medicine Theory and Application
 - Psychology 6390: Independent Research in Clinical Psychology
 - Psychology 6640: Thesis Research
 - Psychology 6690: Professional Issues & Roles
 - Psychology 6801: Interviewing and Interventions/Foundations of Clinical Practice

TriStar Centennial Medical Center: Nashville, TN

July 2022 – Present

Psychiatry Residency Program

Adjunct Graduate Medical Faculty

- Provides didactic instruction to PGY-1, PGY-2, and PGY-3 psychiatry residents on topics related to clinical interviewing and evidence-based psychotherapies for adult psychopathology and health behavior change

South University: Richmond, VA

January 2018 – August 2019

Physician Assistant Program

Invited Guest Lecturer

- Provided lectures to PA students on topics related to the delivery of mental health services in medical settings, health psychology, and behavioral medicine

East Carolina University: Greenville, NC

August 2012 – May 2016

Department of Psychology

Graduate Student Instructor (January 2016 – May 2016)

- Taught Psychology 6461: Clinical Psychology Practicum II (Cognitive Assessment)
- Provided instruction on the administration, scoring, and interpretation of standard cognitive assessment testing batteries (i.e., WAIS-IV, WISC-V, WJ ACH-IV, & WMS-IV) for the 1st year students in the clinical health psychology doctoral program

Graduate Student Co-Instructor (August 2015 – December 2015)

- Co-taught Psychology 6466/6460 Psychotherapy Concepts and Techniques
- Provided instruction on the basics of clinical practice for 1st year students in the clinical health psychology doctoral program
- Facilitated experiential learning through therapy role-plays and peer supervision

Graduate Student Co-Instructor (August 2014 – December 2014)

- Co-taught Psychology 6466/6460 Psychotherapy Concepts and Techniques
- Provided instruction on the basics of clinical practice for 1st year students in the clinical health psychology doctoral program
- Facilitated experiential learning through therapy role-plays and peer supervision

Graduate Student Instructor (January 2014 – May 2014)

- Taught Psychology 1000: Introduction to Psychology
- Provided instruction for approximately 100 undergraduate students
- Helped students gain an appreciation for the complexity of human behavior through an exploration of the broad topic areas within the field of psychology

Graduate Teaching Assistant (August 2012 – May 2013)

- Co-taught Psychology 1000: Introduction to Psychology
- Provided instruction for approximately 30-40 undergraduate psychology students per semester
- Helped students gain an appreciation for the complexity of human behavior through an exploration of the broad topic areas within the field of psychology

Clemson University: Clemson, SC

August 2011 – May 2012

Department of Psychology

Adjunct Lecturer

- Taught Psychology 202: Introduction to Psychology Laboratory
- Provided instruction for over 100-150 undergraduate psychology students per semester
- Offered supervision for graduate student teaching assistants
- Guided students in exploring psychology as a science and as an applied knowledge base

DIRECTED THESES

Hailey Hall; Master's thesis

Exploring relationships between coping styles, alexithymia, and cardiovascular emotional dampening

August 2024 – Present

Ashley Schultz; Master's thesis

Sex differences in sleep quality based on single vs. multiple concussions

August 2023 – July 2025

Amia Osibanjo; Master's thesis

Examining the barriers to mental health service utilization among Black adults: An intergenerational perspective

August 2023 – July 2025

Chloe Klinedinst; Master's thesis

Grit, growth mindset, and gender differences in college students

May 2024 – May 2025

Jeremy Shirey; Master's thesis

The roles of resilience, grit, and academic resilience on student achievement while controlling for depression, anxiety, and stress

August 2023 – May 2025

Connor Mosberg; Undergraduate honors thesis

Testing the effect of dramatic arts exposure on state affectivity among a sample of college students

January 2023 – May 2024

Nichole Sullivan; Master's thesis

An exploration of sleep hygiene as a predictor of migraine headache severity and disability

August 2021 – May 2023

Sarah Marie Cho; Master's thesis

Cleanliness is next to godliness: Exploring the limits of the cleanliness-morality link

August 2021 – December 2022

Samantha Eisenberg-Godsey; Master's thesis
The impact of reward sensitivity on the relationship between hedonic hunger and loss of control eating
August 2020 – July 2022

Mariela Diaz Bonilla; Master's thesis
Mental health as a moderator in the relationship between sleep quality and social media usage among college-aged women
August 2020 – July 2022

Adam Dockery; Undergraduate honors thesis
Sleep hygiene and subjective sleep quality among college students in different living arrangements
August 2021 – May 2022

Katherine Hitchcock; Master's thesis
Cardiovascular emotional dampening, disgust, and consumption likelihood
August 2020 – May 2022

Hailey Hall; Undergraduate honors thesis
Mind your pressure: A study on the effect of trait mindfulness on resting blood pressure
January 2021 – December 2021

Sean Ganus; Master's thesis
A comparison of the perceptions and experiences of undergraduate students, graduate students, and faculty in university psychology programs
June 2020 – May 2021

THESIS & DISSERTATION COMMITTEE SERVICE

Alexa Summersill; Master's thesis
Motivations of body management among high school wrestlers

Lauren Johnson; Master's thesis
Evaluating the effects of acetylcholinesterase inhibitors and beta-blockers on verbal memory in patients with Alzheimer's disease

Kallie Maloney, Doctoral dissertation
Investigating hypertension, associated risk factors, and the role of blood pressure knowledge in college students

Cassie Patterson; Master's thesis
Analyzing the effects of hemoglobin and red blood cell count on executive function in healthy older adults

Shelbie Fann; Master's thesis
Psychological functioning of siblings of individuals with intellectual or developmental disabilities

Reanna Trexler; Master's thesis
Increasing the ecological validity of traditional neuropsychological assessments

Rhea Maladkar; Master's thesis
Validating the mindfulness skill scale

Nickie Brillion; Doctoral dissertation
Perceptions of food environment and diet quality

JoRya Cornett; Master's thesis
An explanation of the connection between giftedness and emotional intelligence

Amanda Wilson; Undergraduate honors thesis
The relationship between fruit and vegetable intake and resilience of college-aged students with histories of childhood maltreatment

Claire Myrick; Master's thesis
Lexical and semantic spreading activation in mild to moderate Alzheimer's disease

Karrie Hubbard; Master's thesis
Childhood emotional abuse and depressive symptoms in college students

Sarah Parker; Master's thesis
Factors that affect perceptions of negative dating relationships

Heather Wood; Master's thesis
The relationship between perfectionism and achievement goals in high achieving college students

Charles Hicks; Master's thesis
Assessing right parietal lobe functions in Alzheimer's disease using the mass overlapping figures test

Andrea Davis; Master's thesis
An investigation of the relationship between weight status and posterior neuropsychological functioning

RESEARCH EXPERIENCE

Faculty Principal Investigator: Middle Tennessee State University August 2019 – Present
Health Psychology Research

- Working on projects involving cardiovascular psychophysiology to understand the relationships between cardiovascular functioning and various psychological/behavioral phenomena related to emotion processing and health
- Working to establish collaborations with other faculty across departments as well as other institutions to explore other areas of shared research interests (i.e., sleep, treatment adherence, managing patient behavior, etc.)

Postdoctoral Fellow: University of Virginia August 2017 – August 2019
Health Psychology Research, Dr. Amit Shahane & Dr. Joanna Yost (Faculty Collaborators)

- Worked on multiple research projects: the effectiveness of CBTi in the treatment of insomnia for HIV patients; quality of life and treatment adherence for patients diagnosed with cancer; enhancing community engagement for men's health initiatives; exploring interprofessional training experiences among psychology trainees; and improving inpatient medical care with MI and behavior management training for health professionals
- Also provided statistical consulting for psychologists working in UVAs Behavioral Medicine Center

Doctoral Dissertation: East Carolina University Fall 2015 – Summer 2017
Psychophysiology Research, *Dr. Erik Everhart (Faculty Supervisor and Committee Chairperson)*

- Performed a study exploring the effects of cardiovascular emotional dampening at differing levels of emotion processing
- Used electrophysiology equipment (i.e. EEG, ECG, and CNAP) to measure brain activity, heart rate, blood pressure, and respiration

Research Assistant: East Carolina University August 2012 – May 2016
Psychophysiology Research, *Dr. Erik Everhart & Dr. Matthew Whited (Faculty Supervisors)*

- Worked on multiple research projects related to health and psychophysiological functioning
- Projects topics have included: personality, neurophysiology, and CPAP adherence among obstructive sleep apnea patients; cardiovascular correlates of emotional regulation; depression, behavioral activation, and cardiovascular functioning
- Gained experience with clinical trials research

Master's Thesis: East Carolina University March 2014 – March 2015
Psychophysiology Research, *Dr. Erik Everhart (Faculty Supervisor and Committee Chairperson)*

- Designed and executed a study exploring the relationships between heart rate variability, emotion regulation, and cardiovascular emotional dampening
- Used Biopac Systems electrophysiology equipment (i.e. ECG and CNAP) to measure continuous heart rate, blood pressure, and respiration
- Supervised and mentored an undergraduate research assistant through data collection

Senior Research Assistant: Clemson University August 2009 – May 2012
Psychophysiology Research, *Dr. Jim McCubbin (Faculty Supervisor & Lead Investigator)*

- Studied the relationships between high blood pressure, pain analgesia, and emotional dampening
- Worked in all aspects of the research process: design, IRB review, implementation, analysis, and interpretation
- Supervised and mentored a team of undergraduates through the research process

Creative Inquiry Team: Clemson University January 2007 – May 2009
Educational Psychology Research, *Dr. Ben Stephens (Faculty Supervisor & Lead Investigator)*

- Defined and examined structural characteristics of intern e-Portfolios from Clemson University's, National Science Foundation sponsored Summer Research Experience for Undergraduates program
- Collaborated with a team of graduate and undergraduate students throughout the project

PUBLICATIONS

Jackson, A. T., Mazzola, J. J., & **Loveless, J. P.** (2025). The impact of barriers and facilitators to healthy decision making at work on stress and performance. *Occupational Health Science*, 9, 383-406. <https://doi.org/10.1007/s41542-025-00220-7>

Loveless, J. P., Sullivan, N., Hall, H., Danford, J., Farley, A., Trogdon, N., & Baldwin, J. (2023). Linking blood pressure-associated emotional dampening to trait empathy. *Perceptual & Motor Skills*, 130(6), 2305 – 2326. <https://doi.org/10.1177/00315125231197839>

- Loveless, J. P.**, DelGardo, G., Ujcich Ward, K. J., Eisenberg-Godsey, S., Boston, M. K., & Loftis, M. (2023). *Support for the proliferation of master's level health services psychology practice in Tennessee: A report to the Tennessee Psychological Association Board of Directors*. Tennessee Psychological Association.
https://www.tpaonline.org/resource/resmgr/_website/about_tpa/committees/2023_tpa_master_s_practice_p.pdf
- Loveless, J. P.**, Rosen, J. H., & Yost, J. S. (2023). Implementing a workflow-integrated motivational interviewing training program for psychiatry trainees on an inpatient consultation-liaison rotation: Lessons learned. *Frontiers in Psychiatry, 14*, 1-6. <https://doi.org/10.3389/fpsy.2023.1184053>
- Yost, J. S., **Loveless, J. P.**, Shahane, A. A., & Clayton A. H. (2022). An innovative model of behavior management to address behavioral emergencies in the acute medical inpatient setting: Pilot data. *Journal of Clinical Psychology in Medical Settings, 29*, 54 - 61. <https://doi.org/10.1007/s10880-021-09775-3>
- Loveless, J. P.**, Russo, J. M., & Andersen, V. C. (2020). The successful treatment of insomnia for a patient with a complex neurological history. *Clinical Case Studies, 19*, 101-114.
<https://doi.org/10.1177/1534650119890123>
- Corson, A. T., **Loveless, J. P.**, Mochrie, K. D., & Whited, M. C. (2018). Perfectionism in relation to stress and cardiovascular disease among gifted individuals and the need for affective curricula. *Roeper Review, 40*, 46-55. <https://doi.org/10.1080/02783193.2017.1393711>
- Loveless, J. P.**, Nicoletta, A., J., Winters, A., R., Wuensch, K. L., Carels, R. A., Whited, M. C., McCubbin, J. A., & Everhart, D. E. (2018). Exploring the relationship between emotional dampening and frontal asymmetry. *International Journal of Psychophysiology, 123*, 8-16.
<https://doi.org/10.1016/j.ijpsycho.2017.12.003>
- Copur, A. S., Everhart, D. E., Zhang, C., Chen, Z., Shekhani, H., Mathevosian, S., **Loveless, J.**, Watson, E., Kadri, I., Wallace, L., Simon, E., & Fulambarker, A. (2018). Effect of personality traits on adherence with positive airway pressure therapy in obstructive sleep apnea patients. *Sleep and Breathing, 22*, 369-376. <https://doi.org/10.1007/s11325-017-1559-5>
- Watson, E., **Loveless, J. P.**, Stephenson, A. J., Bickel, K., Lehockey, K., & Everhart, D. E. (2016). The relationship between anger, frontal asymmetry and the BIS/BAS subscales. *Journal of Nature and Science, 2*, e264.
- Loveless, J. P.**, Whited, M. C., Rhodes, A. C., & Cellucci, A. (2016). The blending of evidenced based protocols in the treatment of borderline personality disorder: A case study. *Clinical Case Studies, 15*, 392-408. <https://doi.org/10.1177/1534650116658703>
- Everhart, D. E., **Loveless, J. P.**, & Stephenson, A. J. (2016). The emerging importance of evaluation of pre-injury sleep characteristics among adolescents with acquired traumatic brain injury. *International Journal of Neurorehabilitation, 3*: 210.
- McCubbin, J. A., **Loveless, J. P.**, Graham, J. G., Hall, G. A., Bart, R. M., Moore, D. D., Merritt, M. M., Lane, R. D., & Thayer, J. F. (2014). Emotional dampening in persons with elevated blood pressure: Affect dysregulation and risk for hypertension. *Annals of Behavioral Medicine, 47*, 111-119. <https://doi.org/10.1007/s12160-013-9526-2>

Allen, A. J., McCubbin, J. A., **Loveless, J. P.**, & Helfer, S. G. (2014). Effects of estrogen and opioid blockade on blood pressure reactivity to stress in postmenopausal women. *Journal of Behavioral Medicine*, 37, 94 -101. <https://doi.org/10.1007/s10865-012-9468-3>

Watson, E., **Loveless, J.**, Highsmith, J. M., Lehockey, K. L., & Everhart, D. E. (2013). Obstructive sleep apnea: Review of assessment, diagnosis, pathogenesis, and neurocognitive sequelae. In E. N. Burgess & L. A. Thornton (Eds.), *Cognitive dysfunctions: Biological basis, management of symptoms, and long-term neurological implications*. Nova Publishing.

PUBLICATIONS IN PREPARATION

Fann, S., Schoonover, C. E., **Loveless, J. P.**, & Ujcich Ward, K. J. (In preparation). An examination of the factors known to predict psychopathology among a sample of adults who have siblings with intellectual disabilities. *Research in Developmental Disabilities*.

PUBLISHED REFEREED ABSTRACTS

Davis, A., **Loveless, J.**, Foster, P., & Ujcich Ward, K. (2022). The relationship between weight status and posterior neuropsychological functioning. *Annals of Behavioral Medicine*, 56, S645.

Capiaghi, A. J., **Loveless, J. P.**, & Whited, M. C. (2021). Adverse childhood experiences (ACES) are associated with higher rates of high and low blood pressure among emerging adults. *Annals of Behavioral Medicine*, 55, S42.

Loveless, J. P., Loveless, A. T., Davis, A. L., Hitchcock, K. E., Everhart, D. E., & Whited, M. C. (2020). The influence of reinforcement sensitivity on cardiovascular functioning during a frustration task. *Psychophysiology*, 57, S76.

Loveless, J. P., Davis, A. L., Hitchcock, K. E., Nicoletta, A. J., Winters, A. R., Whited, M. C., McCubbin, J. A., & Everhart, D. E. (2020). A re-examining of the relationship between BIS/Scales scores and cardiovascular measures in emotional dampening studies. *Psychophysiology*, 57, S52.

Everhart, D. E., Nicoletta, A., Winters, A., Zurlinden, T., Gencarelli, A., Corbett, Q., Watson, E., Lehockey, K., Highsmith, J., & **Loveless, J.** (2019). Resting anterior frontal alpha asymmetry is related to stage 2 sleep and apneic events during overnight polysomnography. *Psychophysiology*, 56, S121.

Loveless, J. P., Nicoletta, A. J., & Everhart, D. E. (2018). An exploration of emotional dampening at differing levels of emotion processing. *Psychophysiology*, 55, S95.

Everhart, D., Lehockey, K., Highsmith, J., Watson, E., **Loveless, J.**, Nicoletta, A., Winters, A., Zurlinden, T., Kelly, C., & Bickel, K. (2018). Behavioral inhibition and anterior alpha asymmetry are predictors of adherence to continuous positive airway pressure for obstructive sleep apnea. *Psychophysiology*, 55, S134.

Copur, A. S., Everhart, D. E., Chen, Z., Shekhani, H., Mathevosian, S., **Loveless, J.**, Watson, E., Kasri, I., Wallace, L., Simon, E., & Fulambarker, A. (2016). *Effect of personality trait for PAP adherence in obstructive sleep apnea*. *CHEST Journal*, 150, 1272A.

Highsmith, J. M., Lehockey, K. A., Watson, E. M., **Loveless, J. P.**, Stephenson, A. J., & Everhart, D. E. (2015). Measures of executive functioning and appetitive motivation predict gender-specific cognitive versus gambling task choices. *Archives of Clinical Neuropsychology*, 30, 573.

Loveless, J., Clements, K., Watson, E., Whited, M., Wuensch, K., & Everhart, E. (2015). An exploration of the relationship between heart rate variability and cardiovascular emotional dampening. *Psychophysiology*, 52, S41.

Highsmith, J. M., Lehockey, K. A., Watson, E. M., **Loveless, J. P.**, Stephenson, A. J., & Everhart, D. E. (2015). HRV and electrophysiological response to errors vary by cognitive versus affective task framing. *Psychophysiology*, 52, S38.

Everhart, D. E., Watson, E. M., **Loveless, J. P.**, Hardin, L., Johnson-Cowan, S., Bickel, K. D., Stephenson, A. J., Lehockey, K. A., & Highsmith, J. M. (2014). Behavioral inhibition and frontal alpha activity are associated with adherence to continuous positive airway pressure in patients with obstructive sleep apnea. *Psychophysiology*, 51, S66.

Whited, M. C., Watson, E., Whited, A., **Loveless, J.**, Arruda, C., Bickel, K., & Larkin, K. (2014). Psychological characteristics of familial hypertension: Hostility, forgiveness, or both? *Annals of Behavioral Medicine*, 47, S16.

Allen, A., McCubbin, J., **Loveless, J.**, & Helfer, S. (2011). Effects of estrogen and naltrexone on cardiovascular reactivity in post-menopausal women A-037. *Annals of Behavioral Medicine*, 41.

PRESENTATIONS

Maladkar, R. M., Jackson, A. T., **Loveless, J. P.**, Hultz, H. & Alaniz, E. (2026, May). *Cross-validating the Mindfulness Skill Scale* [Poster presentation]. 2026 Society for Industrial and Organizational Psychology Conference, New Orleans, LA.

Loveless, J. P., Sullivan, S. N., Chick, D., Schultz, A., Bell, L., Brown, W., Orrand, M., Roberts, L., VanTrease, T., Bolus, L., & Brown, A. (2026, March). *A continued look into the connection between resting blood pressure and cognitive empathy* [Paper presentation]. 72nd meeting of the Southeastern Psychological Association, New Orleans, LA.

Diaz, M. M., **Loveless, J. P.**, Jackston, A. T., & Ujcich Ward, K. J. (2026, March). *Women's social media use and sleep across differing anxiety levels* [Poster presentation]. 72nd meeting of the Southeastern Psychological Association, New Orleans, LA.

Fann, S., Schoonover, C. E., **Loveless, J. P.**, & Ujcich Ward, K. J. (2026). *Impact of IDD: Perceptions of typically developing adult siblings* [Poster presentation]. 72nd meeting of the Southeastern Psychological Association, New Orleans, LA.

Loveless, J. P. (2024, October). *Cognitive behavioral therapy for insomnia (CBT-I): A practical review* [Continuing education presentation]. 2024 meeting of the Tennessee Psychological Association, Franklin, TN.

Donovan, B. J., Jackson, A. T., **Loveless, J. P.**, Meggison, A. C., & Al-Amni, R. N. (2023, November). *Stress and eating behaviors* [Poster presentation]. 2023 meeting of the Society for Judgment and Decision Making, San Francisco, CA.

- Sullivan, N. S., **Loveless, J. P.**, Ujcich Ward, K. J., & Foster, P. S. (2023, October). *Healthy sleep hygiene may influence migraine disability* [Poster presentation]. 2023 meeting of the Tennessee Psychological Association, Franklin, TN.
- Maladkar, R., Jackson, A., & **Loveless, J.** (2023, October). *Validating the mindfulness skill scale* [Poster presentation]. 2023 River Cities Industrial and Organizational Conference, Chattanooga, TN.
- Sullivan, N., **Loveless, J.**, Hall, H., Danford, J. L., Farley, A., Trogdon, N., & Baldwin, J. (2023, August). *Trait mindfulness may be independent of blood-pressure related emotional dampening* [Poster presentation]. 2023 meeting of the American Psychological Association, Washington D.C.
- Myrick, C., Foster, P., Ujcich Ward, K., & **Loveless, J.** (2023, August). *Lexical and semantic spreading activation in mild to moderate Alzheimer's disease* [Poster presentation]. 2023 meeting of the American Psychological Association, Washington D.C.
- Hubbard, K. L., Schoonover, C., **Loveless, J.**, & Ujcich Ward, K. (2023, August). *Childhood maltreatment and depressive symptoms in college students* [Poster presentation]. 2023 meeting of the American Psychological Association, Washington D.C.
- Cho, S. M., **Loveless, J.**, Fuller, D., & Schoonover, C. (2023, August). *Cleanliness is next to godliness: Exploring the limits of the cleanliness-morality link* [Poster presentation]. 2023 meeting of the American Psychological Association, Washington D.C.
- Sullivan, S. N., **Loveless, J. P.**, & Dockery, A. (2023, April). *On- versus off-campus housing: A sleep quality study among undergraduates* [Paper presentation]. 69th annual meeting of the Southeastern Psychological Association, New Orleans, LA.
- Hitchcock, K., **Loveless, J. P.**, Ujcich Ward, K. J., & Fuller, D. (2023, April). *A preliminary investigation of emotional dampening's influence on eating behavior* [Poster presentation]. 69th annual meeting of the Southeastern Psychological Association, New Orleans, LA.
- McNinch, A., **Loveless, J. P.**, & Whited, M. C. (2023, April). *What is clinical health psychology?* [Conversation hour]. 69th annual meeting of the Southeastern Psychological Association, New Orleans, LA.
- Eisenberg-Godsey, S., **Loveless, J. P.**, Fuller, D., & Ujcich Ward, K. J. (2023, April). *Exploratory analyses of sex differences in factors contributing to obesity* [Poster presentation]. 69th annual meeting of the Southeastern Psychological Association, New Orleans, LA.
- Donovan, B. J., Jackson, A. T., **Loveless, J. P.**, & Meggison, A. C. (2022, October). *Stress and eating behaviors* [Poster presentation]. 2022 River Cities Industrial and Organizational Conference, Chattanooga, TN.
- Loveless, J. P.**, Sullivan, N., Hall, H., Danford, J., Farley, A., & Trogdon, N. (2022, August). *Reduced empathy can be included among the cardiovascular emotional dampening constellation* [Poster presentation]. 2022 meeting of the American Psychological Association, Minneapolis, MN.
- Davis, A., **Loveless, J.**, Foster, P., & Ujcich Ward, K. (2022, April). *The relationship between weight status and posterior neuropsychological functioning* [Poster presentation]. 2022 Society of Behavioral Medicine, Baltimore, MD.

- Jackson, A. T., Mazzola, J. J., **Loveless, J. P.**, & De Ruvo, L. (2022, April). *Do barriers and facilitators of health choices impact work outcomes the next day?* [Poster presentation]. 2022 Society for Industrial and Organizational Psychology conference, Seattle, WA.
- Sullivan, N., Baldwin, J., Hall, H., Danford, J., Farelly, A., Trogdon, N., & **Loveless, J. P.** (2022, March). *Under pressure: Individual differences in resting blood pressure can predict aspects of empathetic ability in healthy college students* [Poster presentation]. 16th annual MTSU Scholars Week, Murfreesboro, TN.
- Hall, H., Farelly, A., Trogdon, N., Danford, J., Sullivan, N., Baldwin, J., & **Loveless, J. P.** (2022, March). *The mind and the body: Evidence that trait mindfulness is not implicated in the cardiovascular emotional dampening phenomenon among healthy college students* [Poster presentation]. 16th annual MTSU Scholars Week, Murfreesboro, TN.
- Ganus, S., Contreras, B., **Loveless, J. P.**, & Pennington, J. T. (2022, March). *Comparing the experiential perceptions of psychology students and psychology instructors* [Paper presentation]. 68th annual meeting of the Southeastern Psychological Association, Hilton Head, SC.
- Loveless, J. P.**, Jackson, A. T., Mazzola, J. J., & Tucker, S. (2022, January). *Revisiting the frequencies of health barriers and facilitators in the workplace* [Poster presentation]. 2022 European Association of Work and Occupational Psychology congress, virtual.
- Mazzola, J. J., Jackson, A. T., & **Loveless, J. P.** (2021; November). *Nutrition and exercise barriers and facilitators in the workplace and their effects on daily health behaviors, performance, and well-being* [Poster presentation]. 2021 Work, Stress, & Health conference, virtual.
- Loveless, J. P.**, Pennington, M., Gencarelli, A., Eisenberg-Godsey, S., & Everhart, D. E. (2021, August). *Temporal changes in the relationships between personality factors and responses to the pandemic* [Poster presentation]. 129th annual meeting of the American Psychological Association. virtual.
- Loveless, J. P.**, Gencarelli, A., Pennington, M., Eisenberg-Godsey, S., & Everhart, D. E. (2021, August). *Dispositional motivation & reactions to the COVID pandemic: An RST study among US college students* [Poster presentation]. 129th annual meeting of the American Psychological Association, virtual.
- Capiaghi, A. J., **Loveless, J. P.**, & Whited, M. C. (2021, April). *Adverse childhood experiences (ACES) are associated with higher rates of high and low blood pressure among emerging adults* [Poster presentation]. 42nd annual meeting of the Society of Behavioral Medicine, virtual.
- Loveless, J. P.**, Loveless, A. T., Davis, A. L., Hitchcock, K. E., Everhart, D. E., & Whited, M. C. (2020, October). *The influence of reinforcement sensitivity on cardiovascular functioning during a frustration task* [Poster presentation]. 60th annual meeting of the Society for Psychophysiological Research, virtual.
- Loveless, J. P.**, Davis, A. L., Hitchcock, K. E., Nicoletta, A. J., Winters, A. R., Whited, M. C., McCubbin, J. A., & Everhart, D. E. (2020, October). *A re-examining of the relationship between BIS/BAS Scales scores and cardiovascular measures in emotional dampening studies* [Poster presentation]. 60th annual meeting of the Society for Psychophysiological Research, virtual.

- Loveless, J. P.** (2020, March). *Psychological and behavioral correlates of sustained elevated blood pressure: The cardiovascular emotional dampening phenomenon* [Invited talk]. Middle Tennessee State University College of Behavior and Health Sciences Research Lunch Series, Murfreesboro, TN [Canceled due to COVID].
- Pan, R Y., Bruschwein, H., **Loveless, J. P.**, & Ward, W. L. (2019, October). *Psychology trainees' perceived competence in team skills and interprofessional education opportunities* [Poster presentation]. 7th annual Collaborating Across Borders conference, Indianapolis, IN.
- Everhart, D. E., Nicoletta, A., Winters, A., Zurlinden, T., Gencarelli, A., Corbett, Q., Watson, E., Lehockey, K., Highsmith, J., & **Loveless, J.** (2019, September). *Resting anterior frontal alpha asymmetry is related to stage 2 sleep and apneic events during overnight polysomnography* [Poster presentation]. 59th annual Society for Psychophysiology Research conference, Washington D.C.
- Loveless, J. P.** (2019, April). *A link between reinforcement sensitivity and cardiovascular emotional dampening: Electroencephalographic evidence* [Paper presentation]. 2019 UVA Psychiatry and Neurobehavioral Sciences Research Day, Charlottesville, VA.
- Loveless, J. P.**, Nicoletta, A. J., & Everhart, D. E. (2018, October). *An exploration of emotional dampening at differing levels of emotion processing* [Poster presentation]. 58th annual Society for Psychophysiology Research conference, Quebec City, Quebec, Canada.
- Everhart, D., Lehockey, K., Highsmith, J., Watson, E., **Loveless, J.**, Nicoletta, A., Winters, A., Zurlinden, T., Kelly, C., & Bickel, K. (2018, October). *Behavioral inhibition and anterior alpha asymmetry are predictors of adherence to continuous positive airway pressure for obstructive sleep apnea* [Poster presentation]. 58th annual Society for Psychophysiology Research conference, Quebec City, Quebec, Canada.
- Loveless, J. P.** (2018, April). *Cardiovascular emotional dampening at differing levels of emotion processing* [Poster presentation]. 2018 UVA Psychiatry and Neurobehavioral Sciences Research Day, Charlottesville, VA.
- Loveless, J. P.**, Stephenson, A. J., & Everhart, D.E. (2017, January). *The relationship between behavioral approach and emotion perception* [Poster presentation]. 18th annual convention for the Society of Personality and Social Psychology, San Antonio, TX.
- Copur, A. S., Everhart, D. E., Chen, Z., Shekhani, H., Mathevosian, S., **Loveless, J.**, Watson, E., Kasri, I., Wallace, L., Simon, E., & Fulambarker, A. (2016, October). *Effect of personality trait for PAP adherence in obstructive sleep apnea* [Poster presentation]. 2016 annual conference for the American College of Chest Physicians (CHEST), Los Angeles, CA.
- Highsmith, J. M., Lehockey, K. A., Watson, E. M., **Loveless, J. P.**, Stephenson, A. J., & Everhart, D. E. (2015, November). *Measures of executive functioning and appetitive motivation predict gender-specific cognitive versus gambling task choices* [Poster presentation]. 35th annual National Academy of Neuropsychology conference, Austin, TX.
- Loveless, J.**, Clements, K., Watson, E., Whited, M., Wuensch, K., & Everhart, E. (2015, September). *An exploration of the relationship between heart rate variability and cardiovascular emotional dampening* [Poster presentation]. 55th annual Society for Psychophysiological Research conference, Seattle, WA.

- Highsmith, J. M., Lehockey, K. A., Watson, E. M., **Loveless, J. P.**, Stephenson, A. J., & Everhart, D. E. (2015, September). *HRV and electrophysiological response to errors vary by cognitive versus affective task framing* [Poster presentation]. 55th annual Society for Psychophysiological Research conference, Seattle, WA.
- Watson, E. M., Clements, K. N., Stephenson, A., **Loveless, J. P.**, Bickel, K., Lehockey, K. A., & Everhart, D. E. (2014, October). *Anger is associated with greater left than right hemisphere baseline electroencephalographic activity* [Poster presentation]. 16th annual Neuroscience Symposium, Greenville, NC.
- Stephenson, A. J., Watson, E., **Loveless, J.**, Bickel, K., Lehockey, K. A., Highsmith, J. M., Hardin, L., & Everhart, D. E. (2014, October). *Neurophysiological behavioral activation (BAS) and behavioral inhibition (BIS) systems are associated with quality of life and adherence in patients with obstructive sleep apnea (OSA)* [Poster presentation]. 16th annual Neuroscience Symposium, Greenville, NC.
- Everhart, D. E., Watson, E. M., **Loveless, J. P.**, Hardin, L., Johnson-Cowan, S., Bickel, K. D., Stephenson, A. J., Lehockey, K. A., & Highsmith, J. M. (2014, September). *Behavioral inhibition and frontal alpha activity are associated with adherence to continuous positive airway pressure in patients with obstructive sleep apnea* [Poster presentation]. 54th annual Society for Psychophysiological Research conference, Atlanta, GA.
- Stephenson, A. J., Watson, E., **Loveless, J.**, Bickel, K., Lehockey, K. A., Highsmith, J. M., Hardin, L., & Everhart, D. E. (2014, March). *Behavioral inhibition and activation are related to quality of life and adherence in patients and obstructive sleep apnea* [Poster presentation]. 35th annual Society of Behavioral Medicine conference, Philadelphia, PA.
- Whited, M. C., Watson, E., Whited, A., **Loveless, J.**, Arruda, C., Bickel, K., & Larkin, K. (2014, March). *Psychological characteristics of familial hypertension: Hostility, forgiveness, or both?* [Poster presentation]. 35th annual Society of Behavioral Medicine conference, Philadelphia, PA.
- Watson, E. M., **Loveless, J. P.**, Bickel, K., Lehockey, K. A., Highsmith, J. M., & Everhart, D. E. (2014, February). *Effects of emotional valence on response latencies* [Poster presentation]. 42nd annual International Neuropsychological Society conference, Seattle, WA.
- Highsmith, J. M., Lehockey, K. A., Watson, E., Bickel, K., **Loveless, J.**, & Everhart, D. E. (2014, February). *Generalized clinical and subclinical anxiety effects on neuropsychological test performance* [Poster presentation]. 42nd annual International Neuropsychological Society conference, Seattle, WA.
- Highsmith, J. M., Watson, E., Lehockey, K. A., Bickel, K., **Loveless, J.**, & Everhart, D. E. (2014, February). *Predicting anterior cingulate cortex and behavioral responses to errors: What do executive functioning measures tell us?* [Poster presentation]. 42nd annual International Neuropsychological Society conference, Seattle, WA.
- Bickel, K., Highsmith, J. M., Watson, E., **Loveless, J.**, Stephenson, A. J., Lehockey, K.A., & Everhart, D. E. (2013, October). *Examination of neurophysiological correlates of the behavioral activation (BAS) and behavioral inhibition (BIS) systems* [Poster presentation] 15th annual Neuroscience Symposium; Greenville, NC.

- McCubbin, J. A., **Loveless, J. P.**, Graham, J. G., Bart, R. M., Hibdon, M. A., & Isgett, S. F. (2012, April). *Cardiovascular emotional dampening: Is there a relationship between blood pressure and perception of risk?* [Poster presentation]. 33rd annual Society of Behavioral Medicine Conference, New Orleans, LA.
- Bart, R., **Loveless, J.**, & McCubbin, J. (2011, August). *The relationship between emotional dampening and risk taking: A pilot study* [Poster presentation]. 8th annual conference on Applied Psychology, Clemson, SC.
- Allen, A. J., McCubbin, J. A., **Loveless, J. P.**, & Helfer, S. G. (2011, April). *Effects of estrogen and naltrexone on cardiovascular reactivity in postmenopausal women* [Poster presentation]. 32th annual Society of Behavioral Medicine conference, Washington D.C.
- McCubbin, J. A., **Loveless, J. P.**, Hall, G., Robinson, G., & Moore, D. (2011, March). *Cardiovascular emotional dampening is independent of alexithymia* [Paper presentation]. 69th annual American Psychosomatic Society conference, San Antonio, TX.
- Hall, G., Robinson, G., **Loveless, J.**, & McCubbin, J. (2010, August). *The relationship between cardiovascular function and emotional recognition: Studying the emotional dampening hypothesis* [Poster presentation]. 7th annual conference on Applied Psychology, Clemson, SC.
- Robinson, G., Hall, G., **Loveless, J.**, and McCubbin, J. (2010, August). *The relationship of blood pressure and perception of emotion* [Poster presentation]. 7th annual conference on Applied Psychology, Clemson, SC.
- Loveless, J.** (2010, February). *The ePortfolio as a therapeutic tool in counseling* [Paper presentation]. 46th annual South Carolina Counseling Association Conference, Myrtle Beach, SC.
- Stephens, B., **Loveless, J.**, Bowman, L., Norris, K., Gustafson, E., Spoden, M., Cain, C., & Hoffart, J. (2009, February). *Functions of electronic portfolios in four educational contexts* [Paper presentation]. 55th Annual Southeastern Psychological Association Conference, New Orleans, LA.
- Hannon, N., **Loveless, J.**, & Stephens, B. (2008, February). *Analysis of NSF summer REU e-portfolios* [Poster presentation]. 54th Annual Southeastern Psychological Association Conference, Charlotte, NC.
- Stephens, B., Hannon, N., & **Loveless, J.** (2008, February). *Eportfolio structural measures aid assessment of a NSF-REU summer program*. [Paper presentation]. 7th Annual American Association of Behavioral and Social Sciences Conference, Las Vegas, NV.
- Hannon, N., **Loveless, J.**, Gullickson, S., & Stephens, B. R. (2007, April). *Structural measures of electronic portfolios*. [Poster presentation]. 2007 Focus on Creative Inquiry Symposium, Clemson, SC.

CLINICAL EXPERIENCE

University of Virginia Health System

August 2017 – August 2019

Postdoctoral Fellowship in Behavioral Medicine

Directors of Training: Amit Shahane, Ph.D. & Jaclyn Shepard, Psy.D.

- Provided evidence-based outpatient psychotherapy for medical center patients within UVA Behavioral Medicine Center. Presenting concerns included: adjustment to chronic illness, insomnia, pain management, and comorbid psychopathology interfering with the management of patients' medical conditions
- Provided HRV, respiration, and EMG biofeedback for chronic pain patients
- Conducted specialty evaluations for organ transplant among adult and pediatric populations
- Conducted evaluations for adult bariatric surgery candidates
- Provided inpatient C-L services for patients admitted to the UVA hospital
- Provided outpatient C-L services for HIV patients in the infectious disease clinic
- Provided supervision of a doctoral level practicum student working in the Behavioral Medicine Center

MCG/Charlie Norwood VAMC Psychology Pre-Doctoral Internship

July 2016 – June 2017

APA Accredited Internship Program –Health Psychology Track

Overall Supervisor: Dustin Wright, Ph.D.

- Worked in a wide variety of clinics within the Medical College of Georgia, Charlie Norwood VAMC, and East Central Regional Hospital providing assessment, treatment, and consultation services
- Services provided: B-med consultation in VA primary care; b-med consultation at MCG in outpatient pediatric GI, diabetes, and infectious disease clinics; b-med consultation at MCG in outpatient adult infectious disease and MS clinic; eating disorders treatment and bariatric evaluations at MCG; b-med consultation and intervention work on inpatient and outpatient VA spinal cord injury units; treatment and assessment services within the outpatient VA trauma recovery clinic; treatment and assessment services within the ECRH inpatient forensics unit; assessment services within the ECRH inpatient acute mental health unit

Greenville VA Health Care Center: Greenville, NC

August 2015 – May 2016

Department of Veteran Affairs Regional Health Care Center

Advanced Graduate Student Practicum

Supervisors: Natalie Cross, Ph.D. & Robert Shelton, Psy.D.

- Performed intake assessments for veterans establishing mental health care
- Conducted cognitive-behavioral interventions for individuals with a history of trauma, substance abuse, mood/anxiety complaints, and behavioral medicine issues (e.g., treatment compliance, sleep difficulties, etc)
- Co-facilitated group-based interventions for depression, smoking cessation, insomnia, and CPAP adherence
- Provided same-day brief assessment and intervention for patients in primary care

East Carolina University PASS Clinic: Greenville, NC
Clinical Health Psychology Training Clinic

May 2013 – May 2016

Graduate Student Practicum - CBT Service (January 2014 – May 2016)

Supervisors: Tony Cellucci, Ph.D., ABPP & Matthew C. Whited, Ph.D.

- Performed intake assessments, and psycho-educational testing for the clinic
- Provided individual counseling services for smoking cessation, weight loss, and common psychological dysfunction (i.e. depression, anxiety, personality disturbances, psychosis, etc)
- Utilized evidence-based treatments for depression, anxiety, anger management, and personality dysfunction (i.e. CBT, Behavioral Activation, Schema Focused Therapy, Acceptance and Commitment Therapy, and Dialectical Behavior Therapy)
- During the summer of 2015, provided supervision and guidance to doctoral student trainees entering into the clinic

Graduate Student Practicum – Healthy Weight Service (May 2013 – December 2013)

Supervisor: Leslie Lutes, Ph.D.

- Facilitated weight loss groups
- Utilized evidence-based treatments for weight loss and smoking cessation (i.e. Small Changes CBT approach to weight loss, and CBT for smoking cessation with weight gain prevention)

East Carolina Heart Institute: Greenville, NC
Outpatient Medical Center

July 2014 – May 2015

Advanced Graduate Student Practicum

Supervisors: Sam Sears, Ph.D. & Amanda Whited, Ph.D.

- Worked with an interdisciplinary team of professionals to care for individuals suffering from heart failure and other cardiovascular related maladies
- Performed screening services to identify patients who could benefit from behavioral treatment for poor adjustment and treatment adherence
- Facilitated evidence-based treatments for those struggling to manage their cardiovascular disease effectively
- Provided education to patients about the behavioral management of heart disease

Behavioral Health Services of Pickens County: Pickens, SC
SC DAODAS Commissioned Private Non-profit Agency

August 2010 – July 2012

Contractual Clinical Counselor (May 2011 – July 2012)

Supervisors: Angie Farmer, M.Ed., LPCS, CACII & Sam Medders, M.S., CACI

- Performed diagnostic assessments for clients presenting with a wide range of psychopathology
- Aided clients in developing individualized goals for treatment
- Collaborated with an interdisciplinary team of practitioners to provide comprehensive treatment services for clients
- Provided individual counseling services
- Facilitated BHSPC's batterers intervention program

Graduate Student Internship (August 2010 – May 2011)

Supervisors: Angie Farmer, M.Ed., LPCS, CACII & Sam Medders, M.S., CACI

- Performed diagnostic assessments for clients presenting with a wide range of pathology
- Aided clients in developing individualized goals for treatment
- Collaborated with an interdisciplinary team of practitioners to provide comprehensive treatment services for clients
- Provided individual counseling services, and facilitated BHSPC's batterers intervention program

New Foundations Home for Children: Anderson, SC
Private Non-profit Community Mental Health Agency

January 2010 – May 2010

Graduate Student Practicum

Supervisor: Rick Gorrell, M.Ed., LPC

- Performed intake assessments for New Foundations’ batterer intervention and anger management treatment programs
- Co-facilitated New Foundations’ batterers intervention and anger management treatment programs
- Participated in treatment planning for the residents of New Foundations’ group home

INSTITUTIONAL SERVICE

Middle Tennessee State University

Service to the University

Committee Service:

Institutional Review Board

August 2025 – Present

Academic continuity committee

August 2021 – July 2023

Other Service Roles:

Faculty Affiliate of the Center for Methodology, Evaluation,
and Applied Statistics for University Research and Education
(C-MEASURE)

August 2024 - Present

2021 MTSU Scholars Week judge

March 2021

Service to the Department of Psychology

Administrative Roles:

Director of the clinical psychology master’s program

May 2022 – Present

Committees Chaired:

2025 – 2026 clinical TT search committee

August 2025 - Present

Clinical psychology program committee

May 2022 – Present

2024 – 2025 clinical TT search committee

September 2024 – July 2025

2023 – 2024 clinical TT search committee

September 2023 – January 2024

Social and professional activities committee

August 2021 – July 2022

2021 – 2022 experimental FFT search committee

May 2021 – July 2021

2021 – 2022 clinical TT search committee

December 2020 – July 2021

Committee Service:

2025 – 2026 clinical TT search committee

August 2025 - Present

Graduate studies committee

August 2022 – Present

Oster developmental research fund council

January 2022 – Present

Long-range planning committee

August 2020 – Present

Clinical psychology program committee

August 2019 – Present

2024 – 2025 clinical TT search committee

September 2024 – July 2025

Research pool committee

August 2020 – July 2025

2023 – 2024 clinical TT search committee

September 2023 – January 2024

2022 – 2023 clinical TT search committee

October 2022 – July 2023

Social and professional activities committee

August 2021 – July 2022

2021 – 2022 experimental FFT search committee

May 2021 – July 2021

Custom textbook grant committee

August 2020 – July 2021

2021 – 2022 clinical TT search committee December 2020 – July 2021
Ad hoc lab space committee September 2019 – July 2021
2019 – 2020 clinical TT search committee October 2019 – July 2020

Other Service Roles:

Undergraduate major advisor for adult mental health services interest May 2020 - Present

Lincoln Memorial University

Service to the Department of Social Sciences

Other Service Roles:

General psychology master's program advisory committee April 2022 - Present

SERVICE TO THE FIELD

American Psychological Association

Accreditation Site Visitor

January 2026 - Present

Consultant to the Commission on Accreditation (for Master's Accreditation)

February 2023 – February 2025

Tennessee Psychological Association

Offices Held

Vice President for the Middle Tennessee Region

January 2025 – Present

Committees Chaired/Co-chaired

Legislative committee

May 2022 - Present

Exploratory committee on master's level psychology practice in TN

May 2022 - Present

Academic outreach subcommittee of the SPC

May 2023 – March 2026

Student engagement committee

October 2022 – March 2026

Committee Service

Legislative committee

May 2022 - Present

Exploratory committee on master's level psychology practice in TN

May 2022 – Present

Academic outreach subcommittee of the SPC

May 2023 – March 2026

Strategic planning council (SPC)

May 2023 – March 2026

Student engagement committee

October 2022 – March 2026

2024 Convention planning committee

May 2024 – October 2024

Ad hoc committee on firearm safety and violence prevention

May 2023 – July 2023

Ad hoc neuropsychology SIG psych tech workgroup

December 2021 – May 2022

Peer Review

Editorial review board member:

Perceptual and Motor Skills

Ad hoc journal reviewer:

Journal of Mental Health Training, Education and Practice

Journal of Clinical Psychology in Medical Settings

Advances in Medical Education and Practice

Current Psychology

Clinical Case Studies

Annals of Medicine

Perceptual and Motor Skills

Psychological Reports

Professional Psychology: Research and Practice
Journal of Adolescent and Family Health
Pediatric Diabetes
Psycho-Oncology

Ad hoc conference programming reviewer:
Society of Clinical Psychology (Div. 12)
Society of Health Psychology (Div. 38)
Southeastern Psychological Association

PROVIDED TALKS, SEMINARS, & COMMUNITY OUTREACH

Provided an invited talk entitled, *Cardiovascular emotional dampening and the etiology of hypertension*
Lincoln Memorial University Department of Social Sciences, October 2025, Virtual

Conducted sleep health screenings for older adults at the *2025 Health Expo*
St. Clair Senior Center, October 2025, Murfreesboro, TN

Conducted sleep health screenings for older adults at the *2024 Health Expo*
St. Clair Senior Center, October 2024, Murfreesboro, TN

Provided a talk entitled, *Master's level practice in health services psychology*
Memphis Area Psychological Association, March 2024, Virtual

Provided a talk entitled, *Dreams and nightmares: A contemporary look into what happens when we sleep*
St. Clair Senior Center, March 2024, Murfreesboro, TN

Conducted sleep health screenings for older adults at the *2023 Health Expo*
St. Clair Senior Center, October 2023, Murfreesboro, TN

Provided a talk entitled, *Stop counting sheep: Better sleep through science*
St. Clair Senior Center, September 2023, Murfreesboro, TN

Provided a talk entitled, *Anxiety & its management*
St. Clair Senior Center, June 2023, Murfreesboro, TN

Conducted sleep health screenings for older adults at the *2022 Health Expo*
St. Clair Senior Center, October 2022, Murfreesboro, TN

Provided a talk entitled, *Stress & coping*
St. Clair Senior Center, September 2022, Murfreesboro, TN

Facilitated a round table discussion on topics related to positive ageing
1st Annual MTSU Positive Aging Consortium Conference, June 2022, Murfreesboro, TN

Provided a talk entitled, *Resting easy with obstructive sleep apnea (OSA)*
St. Clair Senior Center, February 2022, Murfreesboro, TN

Provided a talk entitled, *Stop counting sheep: Better sleep through science*
St. Clair Senior Center, September 2021, Murfreesboro, TN

Participated in a panel discussion on between social media use and mental health for MTSU students
Middle Tennessee State University, September 2021, Murfreesboro, TN

Provided a workshop series on motivational interviewing for UVA psychiatry residents
University of Virginia Health System, March – April 2019, Charlottesville, VA

Provided a workshop series on communication and stress management for VAMC professionals
Charlie Norwood VA Medical Center, August 2016 – April 2017, Augusta, GA

Provided a weight loss workshop for the ECU Student Health Center
East Carolina University, February 2014, Greenville, NC

CURRENT PROFESSIONAL ORGANIZATION MEMBERSHIP

American Psychological Association
Society of Clinical Psychology (Div. 12)
Society for Health Psychology (Div. 38)
Southeastern Psychological Association
Association of Psychologists in Academic Health Centers
Tennessee Psychological Association
Nashville Area Psychological Association
Society of Psychophysiological Research

HONORS & AWARDS

Sigma Xi Scientific Research Honor Society
ECP Leadership Development Fellow for the Tennessee Psychological Association
2024 Southeastern Psychological Association Mentor Award [Nominated]
ECP Delegate to APA's 2024 Practice & SPTA Leadership Conference
Fall 2023 Phi Kappa Phi Influential Faculty Award
2023 Southeastern Psychological Association Mentor Award [Nominated]
UVA Department of Psychiatry & Neurobehavioral Sciences Psychology Fellowship Scholarship Award
ECU Psychology Department Doctoral Student Award for Excellence in Research
Alpha Epsilon Lambda Graduate Student Honor Society
Vigil Honor Member of the Order of the Arrow (BSA)
Chi Sigma Iota International Counseling Honor Society
Golden Key International Honor Society
Louis Hope Lachicotte (Class of '21) and Coralie A. Lachicotte Scholarship
Psi Chi National Honor Society in Psychology
South Carolina Life Scholarship
South Carolina Hope Scholarship
Medal of Merit for Lifesaving (Awarded by the BSA)
American Legion Good Citizenship Citation
Eagle Scout (BSA)