

Valerie Jane Douglas

Curriculum Vitae

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ValerieDouglasPhd.com

Education

Ph. D. in Clinical Psychology (August 2015 – August 2019)

North Dakota State University, Fargo, North Dakota

Dissertation: *An Examination of the Link between Weight Stigma and Binge Eating.*

Advisor: Kathryn Gordon, Ph. D.

Pre-Doctoral Clinical Internship: Health Service Psychology Doctoral Internship, University of Arkansas Counseling & Psychological Services, APPIC (August 2018 – July 2019)

M. A. in Psychology (August 2013 - August 2015)

Southeastern Louisiana University, Hammond, Louisiana

Thesis: *Weight Stigmatization, Weight Bias Internalization, & Eating Disorder Symptoms: The Role of Emotion Dysregulation.*

Advisor: Paula Varnado-Sullivan, Ph. D.

B. S. in Psychology (August 2009 - May 2013)

Stephen F. Austin State University, Nacogdoches, Texas

Minor: Biology

Professional Appointments

Content Policy Analyst, Eating Disorders (February 2022 – Current)

TikTok US/CA, Culver City, California

Postdoctoral Research Scholar (October 2020 – February 2022)

Body Image, Sexuality, & Health Laboratory, San Diego State University Research Foundation,
San Diego, California

Clinical Postdoctoral Fellow (August 2019 – September 2020)

Psychological Services, Alliance for Eating Disorders Awareness, West Palm Beach, Florida

Predoctoral Intern (August 2018 – July 2019)

University of Arkansas Counseling & Psychological Services, Fayetteville, Arkansas

Professional Licensure

Licensed Psychologist (August 2021- Current)

California, License # 32791

Awards & Funding

AED Student/Early Career Travel Fellowship (2019)

Academy for Eating Disorders

For travel to the 2019 International Conference on Eating Disorders, \$1500

Psychology Department Research Award (2018)

North Dakota State University

Dissertation support award

William W. Beatty Endowment (2018)

North Dakota State University, Department of Psychology

For travel to and prep for the 2018 International Conference on Eating Disorders

Kevin & Harriette McCaul Psychology Endowment (2018)

North Dakota State University

For travel to the 2018 International Conference on Eating Disorders

College of Science & Mathematics Graduate Student Travel Grant Award (2018)

North Dakota State University

For travel to the 2018 International Conference on Eating Disorders

Top Scholar for the College of Liberal and Applied Arts (2013)

Stephen F. Austin State University's Annual Undergraduate Research Conference

Best research manuscript for the college, \$250

Outstanding Undergraduate Researcher (2013)

Stephen F. Austin State University, Department of Psychology

Publications

7. **Douglas, V. J.**, Kwan, M. Y., Minnich, A., Converse, J., Wonderlich, J., & Gordon, K. (2022). An examination of the link between empathy and weight-based victimization. *Social Sciences & Humanities Open*, 5, 100247. <https://doi.org/10.1016/j.ssaho.2022.100247>
6. **Douglas, V. J.**, Kwan, M. Y., & Gordon, K. H. (2021). An examination of the relationship between pets, attachment, and suicide risk. *Crisis: The Journal of Crisis Intervention and Suicide Prevention*, 1-7. doi:10.1027/0227-5910/a000822
5. **Douglas, V. J.**, Balas, B., & Gordon, K. H. (2021). Facial femininity and perceptions of eating disorders: A reverse-correlation study. *PLoS ONE*, 16:e0255766. doi:10.1371/journal.pone.0255766
4. **Douglas, V. J.**, Kwan, M. Y., & Gordon, K. H. (2021). The roles of weight stigma, emotion dysregulation, and eating pathology in suicide risk. *Body Image*, 38, 162-170. doi:10.1016/j.bodyim.2021.04.005
3. **Douglas, V. J.**, Kwan, M. Y., Minnich, A. M., & Gordon, K. H. (2019). The interaction of sociocultural attitudes and gender on disordered eating. *Journal of Clinical Psychology*. doi:10.1002/jclp.22835

2. Kwan, M. Y., Minnich, A. M., **Douglas, V. J.**, Gordon, K. H., & Castro, Y. (2017). Bulimic symptoms and interpersonal functioning among college students. *Psychiatry Research*, 257, 406-411. doi:10.1016/j.psychres.2017.08.021
1. **Douglas, V. J.** & Varnado-Sullivan, P. (2016). Weight stigmatization, internalization, and eating disorder symptoms: The role of emotion dysregulation. *Stigma and Health*, 1(3), 166-175. doi:10.1037/sah0000029

Edited Book Chapters

1. Gordon, K. H., Holm-Denoma, J. M., **Douglas, V. J.**, Crosby, R. D., & Wonderlich, S. A. (2017). The classification of eating disorders. In *the Oxford Handbook of Eating Disorders* (2nd ed.). New York, NY: Oxford University Press.

Manuscripts

5. **Douglas, V. J.** & Gordon, K. H. (*In prep*). Weight bias, emotion dysregulation, and lifetime non-suicidal self-injury. Unpublished manuscript.
4. **Douglas, V. J.**, Pennesi, J., Brown, T., & Blashill, A. (*In prep*). Food insecurity and eating pathology in sexual minority men during the COVID-19 pandemic. Unpublished manuscript.
3. **Douglas, V. J.** & Gordon, K. H. (*Submitted*). An Examination of the link between weight stigma and binge eating: A laboratory design. Unpublished manuscript submitted for publication.
2. **Douglas, V. J.** & Gordon, K. H. (*Submitted*). A preliminary test of the psychological mediation framework of weight stigma on drinking to cope. Unpublished manuscript submitted for publication.
1. Kwan, M. Y., Gordon, K. H., Castro, Y., **Douglas, V. J.**, & Minnich, A. M. (*Submitted*). Perceived discrimination and acculturative stress among ethnic minority college students: The impact on suicide risk via perceived burdensomeness and thwarted belongingness. Unpublished manuscript submitted for publication.

Academic Presentations

14. Brown, T. A., Klimek-Johnson, P., Convertino, A. D., **Douglas, V. J.**, Pachankis, J., & Blashill, A. J. (2022). A Pilot Intervention of a Novel Eating Disorder Treatment for Sexual Minority Men and Women. In T. Myers (Chair), "*Eating Pathology in Sexual and Gender Minority Individuals: Prevalence, Related Sociocultural Factors, and Treatment*". Symposium to be conducted at the Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
13. **Douglas, V. J.** (2022). *Open Science 101*. Invited talk at a SDSU BISH lab meeting, virtual.
12. **Douglas, V. J.**, Moore, M., & Arroyo, M. (2021). *Diet culture and weight stigma discussion*. Invited panel at the University of Arkansas' "Diversity Dialogues", virtual.
11. **Douglas, V. J.**, & Siegal, J. (2021). *Eating disorders: Diagnosis and treatment*. Invited talk at SDSU JDP Clinic, virtual.

10. **Douglas, V. J.**, & Gordon, K. H. (2021). *A preliminary test of the psychological mediation framework of weight stigma on drinking to cope*. Paper presented at the 2021 International Conference on Eating Disorders, virtual conference.
9. **Douglas, V. J.** (2020). *Open Science 101*. Invited talk at a SDSU BISH lab meeting, virtual.
8. **Douglas, V.** (2020). *Assessment and management of clients with suicidality*. Invited talk presented to the staff of The Alliance for Eating Disorders Awareness. West Palm Beach, Florida.
7. **Douglas, V. J.**, Bickford, L., Cortes, L., Falcone, T., & Gaviria, C. (2020). *Healthy living, healthy lives*. Invited Panel at the North Broward Preparatory School for National Eating Disorders Awareness Week. Coconut Creek, Florida.
6. **Douglas, V. J.**, Stout, E. K., & Cooper, M. (2019). *Assessment and management of clients with suicidality*. Invited talk at the Veterans Affairs Hospital of Fayetteville. Fayetteville, Arkansas.
5. Antin, K., **Douglas, V. J.**, & Moore, M. (2019). *Weight bias and the ethical imperative of a weight neutral treatment approach*. Invited talk presented for the staff of the University of Arkansas' Counseling & Psychological Services. Fayetteville, Arkansas.
4. Antin, K., Moore, M., & **Douglas, V. J.** (2019). *Come as you are! #NEDAwareness 2019*. Invited talk presented at University of Arkansas, Department of Sociology & Criminal Justice, SOCI 2013-Honors General Sociology. Fayetteville, Arkansas.
3. **Douglas, V. J.** & Jones, M. (2016). *Myths and misconceptions about weight and eating*. Invited talk presented at North Dakota State University for National Eating Disorder Awareness Week. Fargo, North Dakota.
2. **Douglas, V. J.** (2016). *Who actually develops an eating disorder? Dispelling myths*. Invited talk presented at North Dakota State University, School of Education, Counseling Education 723-Psychopathology and Diagnosis for Counselors. Fargo, North Dakota.
1. **Douglas, V. J.** (2013). *Weight-based stereotyping as a moderator of the relation between weight stigmatization experiences and eating disorder-related pathology*. Paper presented at Stephen F. Austin State University's annual Undergraduate Research Conference, Nacogdoches, Texas.

Media & Outreach

3. **Douglas, V. J.** (2021). *Are Fluffy and Fido Keys to Suicide Prevention? The role of pets*. netECR. <https://netecr.org/2021/09/10/suicide-prevention-the-role-of-pets/>
2. Mashable (2021). *3 types of inequality that worsen mental health*. <https://mashable.com/article/why-is-my-mental-health-so-bad/>
1. **Douglas, V. J.** (2019). *The importance of remembering weight in suicide prevention*. netECR. <https://netecr.org/2019/09/05/remembering-weight-in-sp/>

Academic Posters

18. Hernandez-Mozo, E., **Douglas, V.**, Siegel, J. A., Jones, I., Flores, J., Rivera, D., & Blashill, J. (2022). *Moderators of the link between internalized homophobia and cigarette use among sexual minority men of color*. Poster accepted for the Association for Behavioral and Cognitive Therapy conference. New York, NY.
17. Jones, M., **Douglas, V. J.**, & Bresnahan, S. (2021). *The effect of maladaptive early parent-child bonding on approach/avoidance eating behavior*. Poster presented at the 2021 Society for Research in Child Development Biennial Meeting, virtual conference.
16. Kwan, M. Y., Gordon, K. H., & **Douglas, V. J.** (2020). *Interpersonal difficulties and eating disorder symptoms: The role of negative affect*. Poster presented at the 2020 International Conference on Eating Disorders, Sydney, Australia. Poster presented virtually due to COVID-19.
15. **Douglas, V. J.**, Kwan, M. Y., & Gordon, K. H. (2019). *Factors associated with weight stigma and suicide risk*. Poster presented at the 2019 International Conference on Eating Disorders, New York City, New York.
14. **Douglas, V. J.**, Gordon, K. H., & Kwan, M. Y. (2019). *An examination of the link between weight stigma and binge eating*. Poster presented at the 2019 International Conference on Eating Disorders, New York City, New York.
13. Kwan, M. Y., Gordon, K. H., & **Douglas, V. J.** (2019). *Emotional and socio-emotional processing in bulimic symptoms*. Poster presented at the 2019 International Conference on Eating Disorders, New York City, New York.
12. Kwan, M. Y., Gordon, K. H., Castro, Y., **Douglas, V. J.** (2018). *Suicide risk among ethnic minority college students: The role of perceived discrimination, acculturative stress, thwarted belongingness, and burdensomeness*. Poster presented at the 52nd annual convention for the Association for Behavioral and Cognitive Therapies, Washington, D.C.
11. **Douglas, V. J.**, Gordon, K., Kwan, M. Y., & Minnich, A. (2018). *The effect of gender on the interaction of internalization of sociocultural attitudes and disordered eating*. Poster presented at the 2018 International Conference on Eating Disorders, Chicago, Illinois.
doi: 10.13140/RG.2.2.14052.88963
10. Lee, Z. C., Kwan, M. Y., Minnich, A., **Douglas, V. J.**, & Gordon, K. (2016). *Suicide risk factors among ethnic minority college students*. Poster presented at the 27th annual convention of the Red River Psychology Conference, Fargo, North Dakota.
9. **Douglas, V. J.** & Varnado-Sullivan, P. (2014). *An exploratory factor analysis for a mental illness stigma scale*. Poster presented at the 2014 annual convention of the Louisiana Psychological Association, Metairie, Louisiana.
8. **Douglas, V. J.**, Lavinge, K., Stickley, S., & Sohr-Preston, S. (2014). *Content analysis of family building blogs: Preliminary findings*. Poster presented at the 2014 annual convention of the Louisiana Psychological Association, Metairie, Louisiana.
7. Sohr-Preston, S., Taggart, P., & **Douglas, V. J.** (2014). *Change in undergraduate developmental psychology students' knowledge of and attitudes about parenting*. Poster presented at the 19th biennial convention of the Society for Research in Human Development, Austin, Texas.

6. **Douglas, V. J.**, Williams, M., & Savoy, S. (2014). *Anxiety and fitness beliefs: The role of weight bias internalization*. Poster presented at the 15th annual convention of the Society for Personality and Social Psychology, Austin, Texas.
5. Savoy, S., Williams, M. & **Douglas, V. J.** (2014). *Mechanisms of stigma and promotion of healthy weight status*. Poster presented at the 15th annual convention of the Society for Personality and Social Psychology, Austin, Texas.
4. **Douglas, V. J.**, Harvey, T., Nixon, T, Simpson, B., & Savoy, S. (2013). *Weight stigmatization experiences and weight-based stereotyping: Associations with eating disorder psychopathology*. Poster presented at the 59th annual convention of the Southwestern Psychological Association, Ft. Worth, Texas.
3. **Douglas, V. J.** & Jacobi, L. (2013). *The relationship between individuals' religiosity and their perception of Christians, Muslims, and Atheists*. Poster presented at the 59th annual convention of the Southwestern Psychological Association, Ft. Worth, Texas.
2. Savoy, S., Aguerrevere, L., Cruz, M., Shahabuddin, S., Harris, H., Smith, S., **Douglas, V. J.**, & Blanke, E. (2013). *Acute social exclusion and reactions to pain: The moderating effects of exclusion history*. Poster presented at the 14th annual convention of the Society for Personality and Social Psychology, New Orleans, Louisiana.
1. Soebbing, M., Blanke, E., & **Douglas, V. J.** (2012). *Predicting whether the ill and injured seek treatment: The role of victimization*. Poster presented at the 58th annual convention of the Southwestern Psychological Association, Oklahoma City, Oklahoma.

Grants

1. American Foundation for Suicide Prevention Postdoctoral Research Grant
 PI: Douglas, V. J.
 Mentors: Blashill, A. & Smith, A.
 Suicide Prevention for Gender Minority Individuals Intervention Development
 Applied for November 2021. (Withdrawn March 2022 due to starting Tiktok position). \$132,900 over two years.
2. Stout, E. K., **Douglas, V. J.**, & Walda, V. (2019) Clinical Training Library. *Vice Chancellor for Student Affairs Executive Advisory Board Program Proposal Funding*. \$1200, funded.

Research Experience

Postdoctoral Research Scholar (October 2020 – February 2022)

Clinical Assessor for the Pride Body Project (RO1MD012698)

Coordinator & Clinician for Cognitive Behavioral Therapy for Eating Disorders adapted for Sexual Minorities

Coordinator and tCDS operator for tCDS for Body Image Concerns

San Diego State University Research Foundation, Body Image, Sexuality, & Health Lab

Supervisor: Aaron J. Blashill, Ph. D.

Graduate Research Assistant (August 2015 – July 2019)

North Dakota State University, Disordered Eating & Suicidal Behavior Lab

Supervisor: Kathryn Gordon, Ph. D.

Graduate Research Assistant (August 2014 – May 2015)
Southeastern Louisiana University Psychology Department
Supervisor: Paula Varnado-Sullivan, Ph. D.

Graduate Research Assistant (August 2013 – May 2014)
Southeastern Louisiana University
Supervisor: Sara Sohr-Preston, Ph. D.

Research Assistant (August 2011 - August 2013)
Stephen F. Austin State University
Supervisor: Sarah Savoy, Ph. D.
Independent project: *Moderators of the relation between weight stigmatization experiences and eating disorder risk in college students.*

Research Assistant (August 2011 – May 2012)
Stephen F. Austin State University
Supervisor: Lora Jacobi, Ph. D.
Independent project: *The relationship between individuals' religiosity and their perception of Christians, Muslims, and Atheists.*

Teaching Experience

Instructor of Record (August 2017-December 2017)
North Dakota State University
Supervisor: Kathryn Gordon, Ph. D.
Abnormal Psychology, 1 section, Class Size: 90

Graduate Teaching Assistant (August 2015 – August 2018)
North Dakota State University
Introduction to Psychology, History and Systems, Human Sexuality, Psychobiology,
The Psychology of Aging, Experimental Methods,

Graduate Teaching Assistant (August 2014 – May 2015)
Southeastern Louisiana University
Supervisor: Susan Coats, Ph. D.
Psychological Statistics Lab, 2 sections, Class Size: 20, main instructor for section

Clinical Experience

Body Image, Sexuality, & Health Laboratory, San Diego State University, San Diego, California
Clinical Assessor for Pride Body Project (R01HD091406-01) & Clinician for Cognitive Behavioral Therapy for Eating Disorders adapted for Sexual Minorities (October 2020-Present)
Supervisors: Aaron Blashill, Ph. D., & Tiffany Brown, Ph. D.

Psychological Services, Alliance for Eating Disorders Awareness, West Palm Beach, Florida
Clinical Postdoctoral Fellow (August 2019 – September 2020)
Supervisors: Joann Hendelman, Ph. D., RN, FAED, CEDS, CEDS-S, CEDRN & Mark Kruntorad, LMFT

University of Arkansas Counseling & Psychological Services, Fayetteville, Arkansas

North Dakota State University pre-doctoral clinical internship (August 2018 – July 2019)

Supervisors: Elizabeth Stout, Ph. D. & Josette Cline, Ph. D.

Rotations: Suicide Prevention (Michele Cooper, LMSW), Eating Disorders (Kathryn Antin, LPC, CEDS), Assessment (Elizabeth Stout, Ph. D.)

Solutions Behavioral Healthcare Professionals, Moorhead, Minnesota

North Dakota State University practicum (September 2017- May 2018)

Onsite Supervisor: Jan Witte-Bakken, Ph. D.

Program Supervisor: Kathryn Gordon, Ph. D.

Eating Disorder Unit, Sanford Hospital, Fargo, North Dakota

North Dakota State University practicum (August 2016- July 2017)

Onsite Supervisor: Julie Dokken, LPC

Program Supervisor: Kathryn Gordon, Ph. D.

St. Elizabeth’s Hospital, Gonzales, Louisiana

Southeastern Louisiana University practicum (August 2014 – December 2014)

Onsite Supervisor: Jesse Lambert, Psy. D.

Program Supervisor: Paula Varnado-Sullivan, Ph. D.

Special Skills & Professional Development

Psychophysiological

Transcranial direct stimulation (tCDS)

Ad Hoc Peer Reviewing

<i>Basic & Applied Social Psychology</i>	<i>Body Image</i>
<i>Eating & Weight Disorders</i>	<i>Eating Behaviors</i>
<i>Health Psychology Open</i>	<i>Journal of Clinical Psychology</i>
<i>Journal of Health Psychology</i>	<i>Journal of Behavioral Medicine</i>
<i>Obesity</i>	<i>Psychology of Men & Masculinity</i>
<i>Stigma & Health</i>	<i>Psychology of Sexual Orientation & Gender Diversity</i>
<i>Archives of Suicide Research</i>	

Professional Memberships, Honor Societies, and Leadership Positions

Trust & Safety Professional Association (2022- Current)

International Association of Eating Disorders Professionals (2019-Current)

International Network of Early Career Researchers in Suicide and Self-harm (2019-Current)

<https://netecr.wordpress.com/2019/06/18/valerie-j-douglas/>

Academy for Eating Disorders (2018 - Current)

Weight Stigma & Social Justice SIG, Early Career SIG, Body Image SIG, DBT & Suicide SIG

Society for a Science of Clinical Psychology (2016 – 2017)

Society for Personality and Social Psychology (2012 – 2014)

Graduate Student Committee- Outstanding Research Award Reviewer (2014)

Psi Chi, International Honor Society in Psychology (Spring 2010 - 2013)