

## CURRICULUM VITAE

*(Last Revised: 08/09/21)***Maya Zegel**

University of Houston  
 Department of Psychology  
 3695 Cullen Boulevard  
 126 Heyne Building  
 Houston, TX 77024  
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 mzege1@central.uh.edu

**EDUCATIONAL HISTORY**

- 2018 – current      **Doctoral Student (Ph.D.)**, Clinical Psychology  
 University of Houston, Houston, TX (APA-Accredited)  
 Mentor: Anka A. Vujanovic, Ph.D.
- 2018 – 2019      **Master of Arts (M.A.)**, Clinical Psychology  
 University of Houston, Houston, TX (APA-Accredited)  
 Thesis: *Posttraumatic stress, alcohol use, and alcohol use motives among firefighters: The role of distress tolerance*  
 Defense Approved: 8/2019  
 Mentor: Anka A. Vujanovic, Ph.D.
- 2012 – 2016      **Bachelor of Arts (B.A.)**, Psychology, Public Health Minor  
 Boston University, Kilachand Honors College, Boston, MA  
 Honors Keystone: “Academic Pressure and Undergraduate Mental Health”  
*Magna Cum Laude*

**HONORS AND AWARDS**

- 2021      Student Research Grant (\$1,000), Presidential Selection  
 Society of Addiction Psychology  
 American Psychological Association (APA) Division 50
- 2021      Psi Chi Graduate Research Grant (\$1,500)
- 2021      Student Merit/ Junior Investigator Meeting Award  
 Research Society on Alcoholism, National Institute on Alcohol  
 Abuse and Alcoholism (NIAAA) conference grant
- 2020      Cullen Graduate Student Success Fellowship (\$289), University of Houston
- 2019      Travel Award (\$400), Department of Psychology, University of Houston
- 2019      Travel Award (\$300), Department of Psychology, University of Houston
- 2018 – 2020      August Tarasi Scholarship (\$4,000)  
 Department of Psychology, University of Houston
- 2016      Service Award  
 Department of Psychological and Brain Sciences, Boston University

2014 Psi Chi International Honors Society in Psychology  
Boston University Chapter President (2014 - 2016)

2012 – 2016 Dean's Honor List, Boston University

### **GRANTS FUNDED**

1. **F31AA029022** 07/01/2021-06/30/2024  
NIH/NIAAA  
*Daily State-like Distress Tolerance and Alcohol Use Motivation among Hazardous Drinkers with Posttraumatic Stress Disorder*  
Role: Principal Investigator  
Sponsors: Anka A. Vujanovic, Ph.D. & Michael J. Zvolensky, Ph.D.  
Direct Costs: \$110,127

### **PROFESSIONAL SOCIETY MEMBERSHIPS**

2021 – current Research Society on Alcoholism (RSA)

2020 – current Texas Research Society on Alcoholism (TRSA)

2020 – current American Psychological Association (APA)  
Division 50 – Society of Addiction Psychology  
Division 56 – Trauma Psychology

2019 – current Association for Psychological Science (APS)

2019 – current International Society for Traumatic Stress Studies (ISTSS)  
Trauma and Substance Use Special Interest Group

2019 – current College on Problems of Drug Dependence (CPDD)  
Early Career Members Committee (*appointed*)

### **RESEARCH POSITIONS AND EMPLOYMENT**

2018 – current **Graduate Research Assistant**  
University of Houston, Department of Psychology  
Trauma and Stress Studies Center  
Supervisor: Anka A. Vujanovic, Ph.D.

2020 – 2021 **Research Program Coordinator**  
University of Houston, Department of Psychology  
Trauma and Stress Studies Center  
Supervisor: Anka A. Vujanovic, Ph.D.  
*Responsible for managing research and administrative operations within the lab, providing support to peer graduate students, training/supervising undergraduate students, and serving as the project coordinator for all active projects.*

2016 – 2018 **Clinical Research Assistant II (Study Coordinator)**  
McLean Hospital/Harvard Medical School  
McLean Imaging Center, Belmont, MA  
Functional Integration of Addiction Research Laboratory  
Supervisor: Amy C. Janes, Ph.D.  
Behavioral Psychopharmacology Research Laboratory  
Supervisor: Scott E. Lukas, Ph.D.

- 2015 – 2016      **Research Assistant**  
 Boston University, Boston, MA  
 Department of Psychological and Brain Sciences  
 Healthy Minds, Healthy Bodies Laboratory  
 Supervisor: Andrea E. Mercurio, Ph.D.
- 2015 – 2016      **Research Assistant**  
 Boston University, Boston, MA  
 Department of Psychological and Brain Sciences  
 Child and Family Health Laboratory  
 Supervisor: Kristin A. Long, Ph.D.
- 2015              **Research Assistant**  
 Boston University School of Medicine, Boston, MA  
 Center for Translational Cognitive Neuroscience  
 Supervisor: Andrew E. Budson, M.D.

### **CLINICAL ACTIVITIES**

- 2021 – current      **Clinical Administrative Director**  
 Trauma Recovery Clinic, Houston, TX  
 Supervisor: Anka A. Vujanovic, Ph.D.
- 2020 – current      **Psychology Intern/Pre-Doctoral Clinician**  
 Houston Fire Department, Firefighter Support Network, Houston, TX  
 Supervisors: Sam J. Buser, Ph.D. & Leah J. Saulter, Psy.D.
- 2019 – 2020      **Pre-Doctoral Assessment Clinician**  
 Applied Psychological Services, The Woodlands, TX  
 Supervisor: Daniel J. Fox, Ph.D.
- 2019 – 2020      **Pre-Doctoral Clinician**  
 Lone Star Circle of Care (Federally Qualified Health Center)  
 University of Houston, Houston, TX  
 Supervisors: Brenda L. Padilla, Psy.D. & R. Tenya Wymore, LCSW
- 2019 – 2020      **Pre-Doctoral Clinician**  
 Psychology Research and Services Center  
 University of Houston, Houston, TX  
 Supervisors: Rheeda L. Walker, Ph.D. & John P. Vincent, Ph.D.  
*Some services provided in partnership with Southern Smoke Foundation*
- 2015              **Clinic Assistant**  
 Memory Disorders Clinic, Neurology Department  
 VA Boston Healthcare System, Jamaica Plain, MA  
 Supervisor: Andrew E. Budson, M.D.

## **EDITORIAL ACTIVITIES**

### **Journal Ad Hoc Reviews**

*Journal of Substance Abuse Treatment* (2021)  
*Cognitive Therapy and Research* (2020, 2021)  
*Journal of Psychopathology and Behavioral Assessment* (2020)  
*Drug and Alcohol Dependence* (2019)  
*Journal of Interpersonal Violence* (2019)  
*Substance Use and Misuse* (2019)  
*Depression and Anxiety* (2019)  
*Addictive Behaviors* (2018, 2019)

## **SCHOLARLY PUBLICATIONS**

(Listed in reverse chronological order)

### **Peer-Reviewed Journal Articles**

13. **Zegel, M.**, Lebeaut, A., Healy, N. A., Tran, J. K., & Vujanovic, A. A. (2021). Mental health correlates of probable posttraumatic stress disorder, probable alcohol use disorder, and their co-occurrence: An evaluation among firefighters. *Behavior Modification*. DOI: 10.1177/01454455211033517.
12. Akbari, M., Hosseini, Z. S., Seydavi, M., **Zegel, M.**, Zvolensky, M. J., & Vujanovic, A. A. (2021). Distress tolerance and posttraumatic stress disorder: A systematic review and meta-analysis. *Cognitive Behaviour Therapy*. DOI: 10.1080/16506073.2021.1942541.
11. Brooks, J. R. Lebeaut, A., **Zegel, M.**, Walker, R. L., & Vujanovic, A. A. (2021). Anxiety sensitivity and suicide ideation: Mindfulness as a psychological buffer for Black adults. *Journal of Affective Disorders*, 289: 74-80.
10. Lebeaut, A., **Zegel, M.**, Leonard, S. J., Bartlett, B. A., & Vujanovic, A. A. (2021). Examining transdiagnostic factors among firefighters in relation to trauma exposure, probable PTSD, and probable alcohol use disorders. *Journal of Dual Diagnosis*, 17: 52-63. DOI: 10.1080/15504263.2020.1854411.
9. Bartlett, B. A., Lebeaut, A., **Zegel, M.**, Johnson, A., & Vujanovic, A. A. (2020). Childhood maltreatment severity and suicidal desire among adults receiving acute-care psychiatric inpatient services: The role of distress tolerance. *Psychological Trauma: Theory, Research, Practice, and Policy*, 13: 333-337. DOI: 10.1037/tra0000663.
8. **Zegel, M.**, Rogers, A. H., Vujanovic, A. A., & Zvolensky, M. J. (2020). Alcohol use problems and opioid misuse and dependence among adults with chronic pain: The role of distress tolerance. *Psychology of Addictive Behaviors*, 35 :42-51. DOI:10.1037/adb0000587.
7. Rogers, A.H., **Zegel, M.**, Tran, J.K., Zvolensky, M.J., Vujanovic, A.A. (2020). Pain intensity, alcohol use motives, and alcohol use among firefighters: The moderating role of pain-related anxiety. *Addictive Behaviors*, 107: 106415. DOI: 10.1016/j.addbeh.2020.106415.
6. Wang, K. S., **Zegel, M.**, Molokotos, E. K., Moran, L. V., Olson, D., Pizzagalli, D. A., & Janes, A. C. (2020). The acute effects of nicotine on corticostriatal responses to distinct phases of reward processing. *Neuropsychopharmacology*, 45: 1207-1214. DOI: 10.1038/s41386-020-0611-5.

5. **Zegel, M.**, Tran, J. K., & Vujanovic, A. A. (2019). Posttraumatic stress, alcohol use, and alcohol use motives among firefighters: The role of distress tolerance. *Psychiatry Research*, *282*, 112633. DOI: 10.1016/j.psychres.2019.112633.
4. Peechatka, A. L., Molokotos, E. K., **Zegel, M.**, & Janes, A. C. (2019). A preliminary examination of nicotine-free electronic cigarette use during cessation from combustible cigarettes. *Frontiers in Psychiatry*, *10*, 559. DOI: 10.3389/fpsyt.2019.00559.
3. Vujanovic, A. A., Lebeaut, A., **Zegel, M.**, Smit, T., & Berenz, E. C. (2019). Posttraumatic stress and alcohol use: Recent advances and future directions in cue reactivity. *Current Opinion in Psychology*, *30*, 109-116. DOI: 10.1016/j.copsyc.2019.04.003.
2. McCarthy J. M., Dumais, K. M., **Zegel, M.**, Pizzagalli, D. A., Olson, D. P., Moran, L. V., & Janes, A.C. (2019). Sex differences in tobacco smokers: Executive control network and frontostriatal connectivity. *Drug and Alcohol Dependence*, *195*, 59-65. DOI: 10.1016/j.drugalcdep.2018.11.023.
1. Janes, A. C., **Zegel, M. R.**, Ohashi, K., Betts, J. M., Molokotos, E. K., Olson, D. P., Moran, L. V., & Pizzagalli, D. A. (2018). Nicotine normalizes cortico-striatal connectivity in non-smoking individuals with Major Depressive Disorder. *Neuropsychopharmacology*, *43*, 2445–2451. DOI: 10.1038/s41386-018-0069-x.

### **Book Chapters**

2. Vujanovic, A. A., & **Zegel, M.** (2020). Distress tolerance and posttraumatic stress. In M. T. Tull & N. A. Kimbrel (Eds.), *Emotion in posttraumatic stress disorder: Etiology, assessment, neurobiology, and treatment*. (pp. 343-376). New York: Guilford Press.
1. Smith, L. J., **Zegel, M.**, Bartlett, B. A., Lebeaut, A., & Vujanovic, A. A. (2019). Posttraumatic stress and alcohol use among first responders. In C. Bowers, D. Beidel, & M. Marks (Eds.), *Mental health intervention and treatment of first responders and emergency workers*. (pp. 32-48). Hershey, PA: IGI-Global.

### **Non-Refereed Publications**

2. **Zegel, M.** (2021, March). *Shrink Rap: Relationship Conflict: Healthy Ways to Disagree*. Houston Fire Department.
1. **Zegel, M.** (2020, September). *Shrink Rap: Distress Overtolerance*. Houston Fire Department.

### **Treatment Manuals - Unpublished**

1. Vujanovic, A. A., Lebeaut, A. M., **Zegel, M.**, & Buser, S. (2020). *HAZMAT: Healthy Action Zone: Mindful Attention Training. A workshop for the fire service*. Unpublished manual developed for randomized controlled clinical trial.

### **Submitted Manuscripts**

4. Leonard, S. J., **Zegel, M.**, Venta, A., & Vujanovic, A. A. (under review). Insecure adult attachment style and PTSD symptom severity among firefighters: The role of distress tolerance.

3. **Zegel, M.**, McGrew, S. J., Wardle, M. C., & Vujanovic, A. A. (under review). The interactive effect of distress tolerance and reward function on posttraumatic disorder symptoms among firefighters.
2. Vujanovic, A. A., Kauffman, B., **Zegel, M.**, & Zvolensky, M. J. (under review). COVID-related stress and substance use: Examining the role of sleep disturbance.
1. Godfrey, D. A., **Zegel, M.**, Babcock, J. C., & Vujanovic, A. A. (under review). Posttraumatic stress disorder and relationship satisfaction among firefighters: The role of emotion regulation difficulties.

### **CONFERENCE PRESENTATIONS**

*(Listed in reverse chronological order)*

#### **Symposia and Oral Presentations**

*(Underline denotes co-mentored student/trainee)*

4. Rogers, A.H., **Zegel, M.**, Tran, J.K., Zvolensky, M.J., Vujanovic, A.A. (2020, November). *Pain Intensity and Alcohol Use Motives among Firefighters: The Moderating Role of Pain-Related Anxiety*. In Rogers, A.H. and Short, N.A. (Chairs). Improving treatment outcomes for comorbid chronic pain and posttraumatic stress: Recent translational findings. Paper presented at the 54th annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
3. Kabel, K. E., **Zegel, M.**, Smith, L. J., & Vujanovic, A. A. (2020, August). *Alcohol use among trauma-exposed college students: Associations with sleep and distress tolerance*. Abstract accepted for presentation at the annual convention of the Southwestern Psychological Association, Frisco, TX. (Conference canceled).
2. Vujanovic, A. A., **Zegel, M.**, Tran, J. K., & Wardle, M. C. (2019, November). *Reward function and distress tolerance: Associations with PTSD symptoms and alcohol use in firefighters*. In J. Williams (Chair), *Reward sensitivity and trauma-related psychopathology: Understanding key mechanisms in the development and maintenance of trauma-related mental health problems*. Symposium presented at the 35<sup>th</sup> annual meeting of the International Society for Traumatic Stress Studies, Boston, MA.
1. Steinberg, L., **Zegel, M.**, & Vujanovic, A. A. (2019, October). *How did Posttraumatic Stress Disorder Get So Many Factors? A Case for the Unidimensionality of the PCL-5*. Paper presented at the annual meeting of the Society for Multivariate Experimental Psychology, Baltimore, MD.

#### **Poster Presentations (National/International)**

15. Lebeaut, A., **Zegel, M.**, Rogers, A. H., Healy, N., Buser, S. J., & Vujanovic, A. A. (2021, November). *PTSD symptom severity, pain, and pain-related disability among trauma-exposed firefighters: The moderating role of mindfulness*. Poster accepted for presentation at the 37th annual meeting of the International Society for Traumatic Stress Studies. (Virtual).

14. **Zegel, M., Kabel, K.E.,** Lebeaut, A., & Vujanovic, A. A. (2021, November). *Distress overtolerance among firefighters: Associations with PTSD symptoms*. Poster accepted for presentation at the 37th annual meeting of the International Society for Traumatic Stress Studies. (Virtual).
13. Leonard, S.J., **Zegel, M.,** Venta, A., & Vujanovic, A. A. (2021, November). *Insecure adult attachment style and PTSD symptom severity among firefighters: The role of distress tolerance*. Poster accepted for presentation at the 55th annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.
12. **Zegel, M.,** Lebeaut, A., & Vujanovic, A. A. (2021, June). *Tolerating too much distress: Distress overtolerance is associated with drinking to cope and greater alcohol use severity among college students*. Poster accepted for presentation at the 44th annual Research Society on Alcoholism Scientific Meeting/International Society for Biomedical Research on Alcoholism Congress, San Antonio, TX.
11. Lebeaut, A., **Zegel, M.,** Healy, N., Leonard, S. J., & Vujanovic, A. A. (2021, June). *Sex differences in the association between posttraumatic stress and alcohol use among trauma-exposed, Latinx university students*. Poster accepted for presentation at the 44th annual Research Society on Alcoholism Scientific Meeting/International Society for Biomedical Research on Alcoholism Congress, San Antonio, TX.
10. **Zegel, M.,** Healy, N. A., & Vujanovic A. A. (2020, November). *Distress overtolerance among firefighters: Associations with posttraumatic stress symptom severity, alcohol use severity, and alcohol use motives*. Poster presented at the 36<sup>th</sup> annual meeting of the International Society for Traumatic Stress Studies, Atlanta, GA.
9. **Zegel, M.,** Rogers, A. H., Vujanovic, A. A. & Zvolensky, M. J. (2020, June). *Co-occurring alcohol and opioid use among trauma-exposed adults with chronic pain: The role of distress tolerance*. Poster presented at the 82<sup>nd</sup> annual meeting of the College on Problems of Drug Dependence, Hollywood, FL.
8. Brooks, J. R., Lebeaut, A., **Zegel, M.,** Walker, R. L., & Vujanovic, A. A. (2020, April). *Emotion dysregulation and suicidality: The mediating role of mindfulness for Black acute-care psychiatric inpatients*. Poster presented at the 52<sup>nd</sup> annual convention of the American Association of Suicidology, Portland, OR.
7. Lebeaut, A., **Zegel, M.,** Bartlett, B. A., & Vujanovic, A. A. (2019, November). *Examining transdiagnostic factors among firefighters with co-occurring PTSD and alcohol use disorder*. Poster presented at the 35<sup>th</sup> annual meeting of the International Society for Traumatic Stress Studies, Boston, MA.
6. **Zegel, M.,** Lebeaut, A. M., Smith, L. J., & Vujanovic, A. A. (2019, November). *Mental health correlates of co-occurring PTSD and alcohol use disorder among firefighters*. Poster presented at the 35<sup>th</sup> annual meeting of the International Society for Traumatic Stress Studies, Boston, MA.
5. **Zegel, M.,** Bartlett, B. A., Lebeaut, A. M., Johnson, A., & Vujanovic, A. A. (2019, November). *Childhood maltreatment severity and suicidal ideation among adult psychiatric inpatients: The mediating role of distress tolerance*. Poster presented at the 35<sup>th</sup> annual meeting of the International Society for Traumatic Stress Studies, Boston, MA.

4. Bartlett, B. A., Lebeaut, A., **Zegel, M.**, Smith, L. J., Tran, J. K. & Vujanovic, A. A. (2019, June). *Occupational stress, alcohol use, and alcohol use coping motives among firefighters: The moderating role of distress tolerance*. Poster presented at the 81<sup>st</sup> annual meeting of the College on Problems of Drug Dependence, San Antonio, TX.
3. **Zegel, M.** & Vujanovic, A. A. (2019, June). *Associations between posttraumatic stress, alcohol use, and alcohol use motives among firefighters: The role of distress tolerance*. Poster presented at the 81<sup>st</sup> annual meeting of the College on Problems of Drug Dependence, San Antonio, TX.
2. Smith, L. J., **Zegel, M.**, Tran, J. K., & Vujanovic, A. A. (2019, June). *Alcohol use and alcohol use motives in women firefighters: The role of conformity to masculine norms*. Poster presented at the 81<sup>st</sup> annual meeting of the College on Problems of Drug Dependence, San Antonio, TX.
1. Tat, M. J., Nagle, C. B., Stark-Laudate, A., Gosselin, E., **Zegel, M. R.**, Vassey, E. A., & Budson, A. E. (2016, February). *Caregiver and clinician impressions of false memory in patients with Alzheimer's disease: A questionnaire study*. Poster presented at the 44<sup>th</sup> annual meeting of the International Neuropsychological Society, Boston, MA.

#### **Oral Presentations (Local/Departmental)**

7. **Zegel, M.** (2020, February). *Research Assistant Informational Panel*. Panel discussion presented to the University of Houston Chapter of Psi Chi, University of Houston, Houston, TX.
6. **Zegel, M.** (2019, October). *Careers in Psychology*. Panel discussion presented to the University of Houston Chapter of Psi Chi, University of Houston, Houston, TX.
5. **Zegel, M.** (2019, September). *Careers in mental health*. Panel discussion presented to an Introduction to Clinical Psychology undergraduate course, University of Houston, Houston, TX.
4. Bartlett, B. A., Johnson, A., Lebeaut, A., **Zegel, M.**, & Vujanovic, A. A. (2019, April) *Childhood maltreatment severity and suicidal ideation and behavior among adult psychiatric inpatients: The mediating role of distress tolerance*. Oral paper presented at the 4<sup>th</sup> annual University of Houston Clinical Psychology Graduate Research Showcase, Houston, TX
3. **Zegel, M.** & Vujanovic, A. A. (2019, April). *Posttraumatic stress, alcohol use, and alcohol use motives among firefighters: The role of distress tolerance*. Oral paper presented at the 4<sup>th</sup> annual University of Houston Clinical Psychology Graduate Research Showcase, Houston, TX.
2. Smith, L. J., **Zegel, M.**, Bartlett, B. A., Lebeaut, A., & Vujanovic, A. A. (2019, April). *Substance use among human trafficking victims: A systematic review*. Oral paper presented at the 4<sup>th</sup> annual University of Houston Clinical Psychology Graduate Research Showcase, Houston, TX.
1. **Zegel, M.** (2019, February). *Careers in mental health*. Panel discussion presented to Introduction to Clinical Psychology undergraduate course, University of Houston, Houston, TX.



**Poster Presentations (Local/Departmental)**

6. **Zegel, M. R.**, Pizzagalli, D. A., & Janes A. C. (2018, January). *Nicotine normalizes cortico-striatal connectivity in non-smokers with Major Depressive Disorder*. Poster presented at the 9<sup>th</sup> annual McLean Research Day, Belmont, MA.
5. McCarthy, J. M., Dumais, K. M., **Zegel, M. R.**, & Janes, A. C. (2018, January). *Reduced functional connectivity between cognitive control and reward regions in women vs. men with chronic and acute nicotine exposure*. Poster presented at the 9<sup>th</sup> annual McLean Research Day, Belmont, MA.
4. Molokotos, E. K., **Zegel, M. R.**, Pizzagalli, D. A., & Janes, A. C. (2018, January). *Resting-state network coupling in Major Depressive Disorder during acute nicotine administration*. Poster presented at the 9<sup>th</sup> annual McLean Research Day, Belmont, MA.
3. **Zegel, M. R.**, Pizzagalli, D. A., & Janes, A. C. (2017, January). *Nicotine improves symptoms of depression for non-smokers with Major Depressive Disorder*. Poster presented at the 8<sup>th</sup> annual McLean Research Day, Belmont, MA.
2. **Zegel, M. R.** & Mercurio, A. E. (2016, April). *Academic Life and Undergraduate Mental Health at Boston University*. Poster presented at the 3<sup>rd</sup> annual Boston University Kilachand Honors College Symposium, Boston, MA.
1. **Zegel, M. R.**, Tat, M. J., Nagle, C. B., Stark-Laudate, A., Gosselin, E., Vassey, E. A. & Budson, A. E. (2015, October). *False Memory in patients with Alzheimer's Disease*. Poster presented at the 18<sup>th</sup> annual Boston University Undergraduate Research Opportunities Program Symposium, Boston, MA.

**TEACHING ACTIVITIES****Instructor of Record**

Institution: University of Houston, Department of Psychology

Class sizes: 50-80 students per course

Fall 2021	<i>Physiological Psychology</i>
Summer 2021	<i>Introduction to Clinical Psychology</i>
Spring 2021	<i>Introduction to Clinical Psychology</i>
Fall 2020	<i>Physiological Psychology</i>

**Graduate Teaching Assistant**

Institution: University of Houston, Department of Psychology

Class sizes: 50-80 students per course

Summer 2020	<i>Introduction to Social Psychology (online)</i>
Spring 2020	<i>Psychology of Human Sexuality</i> <i>Abnormal Psychology</i>
Fall 2019	<i>Introduction to Psychological Statistics</i> <i>Physiological Psychology</i>
Summer 2019	<i>Introduction to Psychology (online)</i> <i>Abnormal Psychology (online)</i>
Spring 2019	<i>Introduction to Clinical Psychology</i> <i>Introduction to Psychology (Honors)</i>

Fall 2018                      *Introduction to Psychology (Honors)*  
*Introduction to Psychology*

### **Undergraduate Teaching Assistant**

Institution: Boston University, Department of Psychological & Brain Sciences

Class size: 50 students

Spring - Fall 2015        *Experimental Psychology*

### **Guest Lectures**

4. **Zegel, M.** (2020). *Psychopharmacology*. Invited guest lecture presented to a Physiological Psychology undergraduate course, Department of Psychology, University of Houston.
3. **Zegel, M.** (2020). *Research Methods*. Invited guest lecture presented to a Social Psychology undergraduate course, Department of Psychology, University of Houston.
2. **Zegel, M.** (2019). *General Issues in Psychotherapy*. Invited guest lecture presented to an Introduction to Clinical Psychology undergraduate course, Department of Psychology, University of Houston.
1. **Zegel, M.** (2019). *Psychopharmacology*. Invited guest lecture presented to a Physiological Psychology undergraduate course, Department of Psychology, University of Houston.

### **Clinical Workshops:**

1. Vujanovic, A. A., Lebeaut, A., **Zegel, M.**, & Buser, S. (2021). *Healthy action zone mindful attention training (HAZMAT) workshop for the fire service*. Workshop presented to the clinical staff of the Houston Fire Department, Houston, TX.

## **OTHER PROFESSIONAL & SERVICE ACTIVITIES**

### **Professional Organizations and Leadership Roles**

2020 – current	Co-Chair of the Diversity Engagement, Activism, & Outreach Subcommittee Diversity Committee, University of Houston, Houston, TX
2020 – current	IRB Student Member/Reviewer Clinical Psychology Graduate Program, University of Houston, Houston, TX
2020 – current	Committee Member Early Career Members Committee, College of Problems on Drug Dependence
2019 – current	Co-Chair of the Clinical Program Data Subcommittee Diversity Committee, University of Houston, Houston, TX
2018 – 2019	Interview Weekend Committee Chair Clinical Psychology Graduate Program, University of Houston, Houston, TX

### **Tutoring and Mentorship**

2019 – current	Bi-annual Graduate Guest Speaker Psi Chi, University of Houston Chapter (Houston, TX)
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2018 – current	Undergraduate Research Supervisor Trauma and Stress Studies Center, Department of Psychology University of Houston, Houston, TX
2016 – current	Annual Guest Speaker Psychology Club, Masconomet Regional High School, Topsfield, MA
2016	Academic Tutor Student Athlete Support Services, Boston University, Boston, MA
2014	Special Education Aide Howe Manning Elementary School, Middleton Public Schools, Middleton, MA
2013 – 2016	Peer Mentor Kilachand Honors College, Boston University, Boston, MA
2010 – 2012	Academic Tutor Masconomet Regional High School, Topsfield, MA

### **Volunteering and Fundraising**

2019 – current	Houston Area Women’s Center (HAWC), Houston, TX Fundraised for the Annual Race Against Violence (RAV)
2012	Service Dog Project, Topsfield, MA Raised Great Danes to assist mobility-impaired veterans

### **SPECIALIZED CERTIFICATIONS & TRAINING**

2021	Addiction in the Fire Service: Training for Clinicians International Association of Firefighters (IAFF) Center of Excellence for Behavioral Health Treatment and Recovery
2020	Cognitive-Behavioral Conjoint Therapy for PTSD Training STRONG STAR Training Initiative
2020	Clinician-Administered PTSD Scale for DSM-5 (CAPS-5) Clinician Training National Center for PTSD (NCPTSD)
2020	Seminar in Interprofessional Education for Integrated Behavioral Healthcare Bill Elder, Ph.D., Professor and Chair of Behavioral and Social Sciences at the University of Houston College of Medicine
2020	First Responders, Stress Management and Coronavirus Webinar Lexipol
2020	Telepsychology Best Practices Training Series American Psychological Association
2019	Basic Life Support Training American Heart Association
2019	Recovery to Practice Training Introduction American Psychological Association
2017	Infectious Materials and Dry Ice Shipping Massachusetts General Hospital
2016	SCID-IV and SCID-5 Administration McLean Hospital

- 2016      Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED)  
            HeartSaver Trained, American Heart Association
- 2016      Phlebotomy Training  
            Massachusetts General Hospital
- 2016      MRI Safety Certified  
            McLean Hospital
- 2014      Aerosolized Naloxone administration  
            Boston Public Health Commission