

CURRICULUM VITAE

Katie Allison Rickel

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Licensed Psychologist, State of North Carolina, #3790 (licensed since July 2009)
Certified Health Service Provider (HSP-P, North Carolina, since July 2009)

EMPLOYMENT & EDUCATION

- 2/19 – present **Structure House Residential Weight Loss Center**, Durham, NC
Chief Executive Officer
- 12/16 – 2/19 **Carolina Partners in Mental Healthcare, PLLC**, Durham, NC
Psychologist
- 07/10 – 12/16 **Structure House Residential Weight Loss Center**, Durham, NC
Health Psychologist and Program Facilitator in Obesity and Weight Management;
Supervisor: Jen Pells, PhD
- 07/08 – 07/10 **Structure House Residential Weight Loss Center**, Durham, NC
Post-doctoral fellowship in Obesity and Weight Management;
Supervisor: Anna Stout, PhD
- 07/07 – 07/08 **Duke University Medical Center**, Department of Psychiatry & Behavioral
Sciences, Durham, NC
Pre-doctoral internship in Clinical Psychology (APA accredited)
Specialty Track: Medical Psychology
Training Director: Karen Wells, PhD
- 07/03 -- 07/08 **University of Florida**, Department of Clinical and Health Psychology,
Gainesville, FL
Doctor of Philosophy in Psychology, GPA 4.00
Dissertation: Response of African-American and Caucasian women in a rural
setting to a lifestyle intervention for obesity (Supported by NHLBI R18HL073326)
Chair: Michael Perri, PhD, ABPP
- Master of Science*, in Psychology, GPA 4.00
Master's Thesis: The influence of participant preference and perceived difficulty on
exercise adherence
Chair: Michael Perri, PhD, ABPP

07/99 – 05/03

Duke University, Durham, NC
Bachelor of Science, GPA 3.94, summa cum laude
Major: Psychology

PROGRAM DEVELOPMENT EXPERIENCE

07/08 – present

Health Psychologist and Program Facilitator

Structure House Residential Weight Loss Center, Durham, NC

Supervisor: Jen Pells, PhD

Pain Coping Skills Program: Created a manualized behavioral pain management treatment program option for individuals presenting with acute and chronic pain. Protocol included patient training in progressive muscle relaxation, autogenic relaxation, biofeedback, guided imagery, and cognitive therapy. Duties included conceptualization and marketing of program, development of patient worksheets and audio CDs, and delivery of intervention.

Virtual Family Support Program: Created a social support training program option targeted to home-based family members of residential patients. Intervention was based upon a problem-solving model and included individual therapy with patient and support partner as well as couples therapy (via telephone and/or web camera). Duties included conceptualization and marketing of program, creation of a series of self-help manuals, and delivery of the intervention.

Weight management self-help manual: Authored a patient manual for weight management based upon the Structure House approach to weight management. Conceived a 28-day treatment model, whereby patients work through didactic material and guided activities each day over the course of 4 weeks. Chapters addressed nutrition, exercise, behavioral modification, motivational issues, relapse prevention, and stress management.

Internet-based Weight management program: Translated self-help manual (described above) into an interactive web-based program in collaboration with dietitians and exercise physiologists. Program included meal plans, exercise regimens, cognitive-behavioral strategies to lose and maintain lost weight, and options for interacting with other users.

CyberSupport Program: Designed and facilitated internet-based support groups for participants discharged from a residential weight loss program. All participants utilized web-cams to facilitate visual and auditory interactions. Groups occurred on a weekly basis and provided participants with activities to facilitate goal-setting, problem-solving, obtaining social support, and strengthening commitment to a healthy lifestyle.

Binge Eating Disorder Program: Collaborated with psychologists, social workers, dietitians, and exercise physiologists to design supplemental programming for participants struggling with binge eating and emotional overeating. Program included skills trainings based on empirically-validated

DBT and CBT approaches to binge eating and behavioral weight loss, individual and group psychotherapy, and hands-on experiences coping with trigger foods.

Multiple Workshop Series: Developed and delivered weekly a series of 1-hour workshops. Titles included “From the Food Police to the Food Pusher”; “Making the Most of your Social Support Network”; and “Weight, Intimacy, and Sexuality”; “Motivation for Change”; “The ABCs of Behavior Change”; and “Change your Thinking; Change Your Life”; “Internet Resources for Weight Management”; “Trigger Food Exposure”; “Getting Structured”

SOCIAL MEDIA EXPERIENCE

10/11 – 07/12

Expert Blogger for DoctorOz.com

<http://www.doctoroz.com/expert/katie-rickel>

Authored health-, psychology-, and weight management-related articles for the website of The Dr. Oz Show. Representative titles included, “The Feeding Tube Diet: A Magical Weight Loss Solution”; “A Self-Esteem Strategy”; “Deprivation: The Saboteur of Weight Loss”; “Do You Eat on Autopilot?”; “Refocusing Your Body Image”.

06/12– present

Administrator of Structure House Facebook page

Structure House Residential Weight Loss Center, Durham, NC

CLINICAL EXPERIENCE

7/8 - present

Psychologist

Structure House Residential Weight Loss Center, Durham, NC
Carolina Partners in Mental Health Care, PLLC, Durham, NC (12/16 – 2/19)

Biopsychosocial assessments: Evaluated adult males and females presenting with a wide variety of psychological disturbances, including depressive disorders, anxiety disorders, eating disorders, marital discord, and role transition difficulties

Individual psychotherapy: Utilized a range of short- and long-term treatment approaches (e.g., motivational interviewing, cognitive-behavioral therapy, dialectical behavioral therapy, interpersonal therapy, mindfulness training, acceptance and commitment therapy) via in-person and telephone-based interactions

Case management: Consulted with multidisciplinary treatment team to provide ongoing and crisis-triggered management of patients presenting with unique needs and challenges (e.g., suicidality, eating disorder psychopathology, behavioral dysregulation)

07/08 – 12/16

Health Psychologist and Program Facilitator

Structure House Residential Weight Loss Center, Durham, NC
Supervisor: Anna Stout, PhD, Lee Kern, LCSW, Jen Pells, PhD

Biopsychosocial assessments: Evaluated males and females presenting with various levels of overweight and obesity, often accompanied by a variety of co-morbid psychological (e.g., affective disorders, substance use disorders) and medical (e.g., diabetes, hypertension) conditions

Individual and group psychotherapy: Utilized a range of short- and long-term treatment approaches (e.g., motivational interviewing, cognitive-behavioral therapy, dialectical behavioral therapy, interpersonal therapy, mindfulness training) via in-person, telephone, and web-based interactions

Case management: Consulted with multidisciplinary treatment team to provide ongoing and crisis-triggered management of patients presenting with unique needs and challenges that demanded attention outside the scope of the standard treatment program (e.g., suicidality, eating disorder psychopathology, behavioral dysregulation)

07/07 – 07/08

Pre-doctoral Intern in Clinical Psychology

Duke University Medical Center, Department of Psychiatry and Behavioral Sciences
Training Director: Karen Wells, Ph.D.

Pain/Biofeedback Rotation (12 months)

Duke Chronic Pain Program, Pain and Palliative Care Clinic, Biofeedback Laboratory
Duke University Medical Center, Durham, NC

Conducted comprehensive clinical interviews to assess suitability for surgical pain interventions; conducted computer-assisted biofeedback in conjunction with pain coping skills training (measuring muscle tension in trapezius and frontalis muscles as well as peripheral body temperature); tailored psychotherapeutic treatment to specific patient needs (e.g., anger management training, behavioral contracting, sobriety testing); conducted EMG and peripheral temperature biofeedback; administered, scored, and interpreted psychodiagnostic testing (e.g., NEO-PI-R, MMPI-2, MPI-2, STAI, BDI); developed integrated report summarizing results of clinical interview and results of psychodiagnostic testing.

Behavioral Management of Obesity (6 months)

Wellspring at Structure House Residential Weight Loss Center, Durham, NC

Conducted clinical interviews to evaluate psychosocial issues impacting weight status (e.g., diet and weight history, family constellation, current eating behaviors, relevant antecedents to overeating); facilitated several psychoeducational workshops related to weight management; delivered mind-body intervention to Diabetes Program patients; generated comprehensive

intake assessment reports; developed patient worksheets and activities to accompany psychoeducational presentations; trained Diabetes Program patients in relaxation techniques; communicated relevant findings to members of multi-disciplinary team.

Surgical Management of Obesity (6 months)

Duke Center for Metabolic and Weight Loss Surgery, ASBM Center of Excellence, Durham, NC

Conducted pre-surgery psychosocial evaluations to determine suitability for surgical procedure, facilitated pre- and post-surgery supportive and psychoeducational groups, lectured at a weight loss surgery support group open to patients and the public, provided individual counseling for high-risk candidates; generated comprehensive evaluative report; communicated relevant findings to members of multi-disciplinary team, including surgeons, dietitians, nurses, and physician's assistants.

07/03 – 07/08

Pre-doctoral Practicum Experiences

University of Florida, Department of Clinical and Health Psychology, Gainesville, FL

Training Director: James Johnson, Ph.D., A.B.P.P.

Obsessive-Compulsive Disorder Intensive Treatment Program (24 months); Psychology Clinic, UF & Shands Hospital, Gainesville, FL

Delivered intensive program (2-5 sessions per week over 5-6 weeks) of exposure and response prevention therapy to self-referred children, adolescents and adults presenting with OCD and varied co-morbid diagnoses; designed and guided in vivo and imaginal exposures; provided counseling and psychoeducation to patients' families

Behavioral Weight Management (24 months)

Levy County Cooperative Extension Service Office, Bronson, FL

Counseled obese, post-menopausal females living in medically-underserved rural areas in the use of cognitive-behavioral strategies to manage weight, increase physical activity, improve nutrition, and enhance overall quality of life; led demonstrations of healthy food preparation techniques

Inpatient Medical Psychology (12 months)

Psychology Clinic, UF & Shands Hospital, Gainesville, FL

Interviewed pre-organ transplant patients and potential donors to assess for psychosocial factors that may complicate adjustment during/after transplantation; performed consultation/liaison services on various medical units, conducted psychosocial and dietary assessments of patients considering gastric bypass surgery

Pediatric Health Psychology (6 months)

Pediatric Pulmonary Clinic, UF & Shands Hospital, Gainesville, FL

Conducted psychosocial evaluations of, and provided treatment to, children and adolescents presenting with psychosocial factors complicating management of chronic asthma or cystic fibrosis; supervised pharmacy and nursing students in addressing psychosocial factors related to compliance

Rural Adult Primary Care (6 months)

VA Extension Clinic of the North Florida/South Georgia Veterans Health System, Gainesville, FL

Facilitated smoking cessation groups for physician-referred male and female veterans (ages 25- 82); conducted psychotherapy with veterans presenting with mood disorders, anxiety disorders, sexual dysfunction, substance-related disorders, psychotic disorders, neuropsychological complaints, family distress, couples discord, and problems with medical treatment adherence.

Infertility and Women's Health (6 months)

Magnolia Parke Women's Health Extension of UF & Shands Hospital, Gainesville, FL

Evaluated physician-referred couples pursuing assisted reproductive technologies in terms of readiness, knowledge, and motivations related to fertility treatment, interviewed potential oocyte donors to identify expectations and motivations; provided education to prompt consideration of logistical, psychosocial, and spiritual matters involved in treatment

Child and Pediatric Psychology (6 months)

Psychology Clinic, UF & Shands Hospital, Gainesville, FL

Administered, scored, and interpreted neuropsychological testing of physician-, school-, and parent-referred children presenting with learning disabilities, externalizing and internalizing problems, poor peer relations, school violence, developmental disorders, headaches, disease requiring organ transplantation, and/or gastrointestinal difficulties developed testing battery; generated integrated assessment reports for referral sources and patients' families.

Child and Adult Neuropsychology (6 months)

Psychology Clinic, UF & Shands Hospital, Gainesville, FL

Conducted clinical interviews in clinic or at bedside of children and adults presenting with sensorimotor disorders, mental retardation, ADHD, Alzheimer's Disease, vascular dementia, epilepsy, and/or neurological factors influencing mood and behavior; developed testing battery; administered, scored, and interpreted neuropsychological testing; generated integrated neuropsychological reports for referral source

RESEARCH EXPERIENCE

07/03 – 07/08

Graduate Research Fellow

Department of Clinical and Health Psychology, University of Florida, Gainesville, FL

Supervisor: Michael G. Perri, Ph.D., ABPP

Treatment of Obesity in Underserved Rural Settings

NHLBI-funded lifestyle intervention examining effective strategies for long-term weight management among rural women; performed tasks such as participant management, facilitation of intervention, supervision of undergraduate assistants, data management, data analysis and

interpretation, developed manuscript based on doctoral dissertation entitled *Response of African-American and Caucasian women in a rural setting to a lifestyle intervention for obesity*.

Dose Response to Exercise and Cardiovascular Health

Participated in data management, analysis, and interpretation; developed manuscript based on Master's thesis entitled *Influence of Participant Preference and Perceived Difficulty on Exercise Adherence*

08/02 – 05/03

Undergraduate Research Fellow

Taste and Smell Laboratory, Department of Psychiatry, Duke University, Durham, NC

Supervisor: Jennifer Zervakis, Ph.D.

Performed taste threshold testing in elderly adults to collect data for a pilot research study; assisted with tasks such as participant management, administration of sensory testing, and preparation of materials.

Department of Anesthesia, University of Pennsylvania School of Medicine, Philadelphia, PA

Supervisor: Margaret Arranda, M.D.

Assisted with data entry and management; contributed to abstract presented at Annual Meeting of American Society of Anesthesiologists.

TEACHING EXPERIENCE

01/08 – 05/08

Course Instructor

Department of Clinical and Health Psychology, University of Florida, Gainesville, FL

Course Title: Introduction to Clinical Health Psychology

Supervisor: Deidre Pereira, Ph.D.

Designed course structure and format, created syllabus, developed curriculum and related materials, presented lectures, wrote and graded all assignments and examinations

GRANTS, AWARDS, AND HONORS

Employee Recognition Awards for Excellence in Customer Service and Program Development Contributions, Structure House; July 2010, August 2011, February 2012

Meritorious Student Abstract Award, Society of Behavioral Medicine, Annual Meeting in Washington, D.C.; March 2007

Alumni Fellowship Award, Department of Clinical & Health Psychology, University of Florida, Gainesville, FL; July 2003 – July 2008

Dean's List, University of Florida, Gainesville, FL; all semesters July 2003 – July 2008

Summa Cum Laude, Duke University, Durham, NC; May 2003

Phi Beta Kappa, Duke University, Durham, NC ; May 2003

Dean's List, Duke University, Durham, NC; all semesters August 1999– May 2003

SELECTED PUBLICATIONS

Rickel, K. (2012) This Year's Resolution: Maintain Your Motivation. *HealthUpdate: The Patient's Guide to Wellness*. American Hospitals Publishing Group, Int,12(1),7.

Rickel, K.A., Milsom, V.A., DeBraganza, N., Murawski, M.E., Durning, P.E., & Perri, M.G. (2011). Response of African-American and Caucasian women in a rural setting to a lifestyle intervention for obesity. *Ethnicity and Disease*, 21, 170-5.

Murawski, M.E., Milsom, V.A., Ross, K.M., **Rickel, K.A.**, DeBraganza, N., Gibbons, L.M., & Perri, M. G. (2009). Problem solving, treatment adherence, and weight-loss outcome among women participating in lifestyle treatment for obesity. *Eating Behaviors*, 10, 146-151.

Ross, K.M., Milsom, V.A., **Rickel, K.A.**, DeBraganza, N., Gibbons, L.M., Murawski, M.E., & Perri, M. G. (2009). The contributions of weight loss and increased physical fitness to improvements in health-related quality of life. *Eating Behaviors*, 10, 84-88.

Rickel, K.A. & Friedman, K.E. A significant percentage of WLS patients complain that they have difficulty maintaining their motivation to exercise. Are there any techniques that I might use to enhance their motivation? Ask the Expert Column. *Bariatric Nursing and Surgical Patient Care*, 3(2), 167-170.

Edwards, C.L., & **Rickel, K.** (2008). An Introduction to Eating Disorder and Weight Management [Review of video entitled Problems of Eating and Weight Management with G. Terrence Wilson. *PsycCRITIQUES: Contemporary Psychology, APA Review of Books*, 53 (26), Article 11.

Ross, K.M., Milsom, V.A., **Rickel, K.A.**, DeBraganza, N., Gibbons, L.M., Murawski, M.E., & Perri, M. G. The contributions of weight loss and increased physical fitness to improvements in health-related quality of life. *Eating Behaviors* (manuscript in press, available online December 16, 2008).

Selected Published Abstracts and Conference Presentations

- Rickel, K.A.**, Gibbons, L.M., Milsom, V.A., DeBraganza, N., Murawski, M.E., Nackers, L.M. & Perri, M. G. (2007). Racial/ethnic differences in the effectiveness of extended care following lifestyle intervention for obesity. Poster presented at the 28th annual meeting of the Society of Behavioral Medicine. Washington, D.C. (Published Abstract).
- Rickel, K.A.**, Durning, P.E., Debraganza, N., Milsom, V.A., Murawski, M.E., Gibbons, L.M., & Perri, M.G. (2006). Treatment of Obesity in Underserved Rural Settings (TOURS): Changes in physical activity and physical fitness in African-American and Caucasian women. Poster presented at the 27th annual meeting of the Society of Behavioral Medicine. San Francisco, CA. (Published Abstract).
- Rickel, K.A.**, Milsom, V.A., Murawski, M.E., DeBraganza, N., Fox, L.D. Durning, P.E., Janicke, D.M., & Perri, M.G. (2005). Do self-reported changes in diet or exercise predict weight loss in lifestyle treatment of obesity? Poster presented at the 18th Annual College of Public Health and Health Professions Research Day. University of Florida, Gainesville, FL.
- Rickel, K.A.**, Durning, P.E., & Perri, M.G. (2004). Treatment Preference and Perceived Difficulty as Predictors of Exercise Adherence. Poster presented at the 25th annual meeting of the Society of Behavioral Medicine. Baltimore, MD. (Published Abstract).
- Milsom, V.A., **Rickel, K.A.**, DeBraganza, N., Gibbons, L.M., Nackers, L.M., Durning, P.E., & Perri, M. G. (2007). Contributions of weight loss and physical activity to improvements in fitness and metabolic profile. Poster presented at the 28th annual meeting of the Society of Behavioral Medicine. Washington, D.C. (Published Abstract).
- Gibbons, L.M., DeBraganza, N., Milsom, V.A., Murawski, M.E., Nackers, L.M., **Rickel, K.A.**, Durning, P.E., & Perri, M. G. (2007). Do the benefits of weight-loss treatment outweigh the risks for elderly, obese women? Poster presented at the 28th annual meeting of the Society of Behavioral Medicine. Washington, D.C. (Published Abstract).
- Nackers, L.M., Milsom, V.A., Gibbons, L.M., DeBraganza, N., **Rickel, K.A.**, & Perri, M.G. (2007). Is it better to have lost and regained than to never have lost at all? The impact of weight regain on metabolic risk factors. Poster presented at the 28th annual meeting of the Society of Behavioral Medicine. Washington, D.C. (Published Abstract).
- Milsom, V.A., Gibbons, L.M., Debraganza, N., **Rickel, K.A.**, Murawski, M.E., Durning, P.E., & Perri, M.G. (2006). What constitutes a successful weight-loss outcome? The impact of 5% and 10% weight reduction on metabolic risk factors for disease. Poster presented at the 27th annual meeting of the Society of Behavioral Medicine. San Francisco, CA. (Published Abstract).
- Gibbons, L.M., Milsom, V.A., Murawski, M.E., Debraganza, N., **Rickel, K.A.**, Durning, P.E., & Perri, M.G. (2006). Length of treatment and successful outcome in the management of obesity. Poster presented at the 27th annual meeting of the Society of Behavioral Medicine. San Francisco, CA. (Published Abstract).

- Lutes, L.D., Perri, M.G., Dale, M.S., Milsom, V.A., Debraganza, N., **Rickel, K.A.**, Durning, P.E. & Bobroff, L.B. (2005). Treatment of Obesity in Underserved Rural Settings (TOURS): Changes in nutritional intake in African-American and Caucasian women. Poster presented at the 27th annual meeting of the Society of Behavioral Medicine. San Francisco, CA. (Published Abstract).
- Fennell, E.B., Kelly, K.G. & **Rickel, K.A.** (2005). Pediatric case studies in neurocognitive sequelae of familial *Myelomeningocele*. Poster presented at the 33rd annual meeting of the International Neuropsychological Society. (Published Abstract).
- Murawski, M.E., DeBraganza, N., **Rickel, K.A.**, Milsom, V.A., Durning, P. E., Fox, L.D., Janicke, D. M., & Perri, M. G. (2005). Treatment of Obesity in Underserved Rural Settings (TOURS): Effects on quality of life. Poster presented at the 26th annual meeting of the Society of Behavioral Medicine. Boston, MA. (Published Abstract).
- Milsom, V.A., **Rickel, K.A.**, Murawski, M.E., DeBraganza, N., & Perri, M.G. (2005). Weight loss improves functional mobility in older obese women. Poster presented at the 26th annual meeting of the Society of Behavioral Medicine. Boston, MA. (Published Abstract).
- Aranda, M., Meisel, F., Bearn, L., **Rickel, K.**, & Ferrante, F.M. (2001). The effect of ethnicity on the treatment of low back pain. Abstract presented at the 2001 Annual Meeting of the American Society of Anesthesiologists. New Orleans, LA.

REFERENCES

Available upon request