

# Ian A. Gutierrez, Ph.D.

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*Curriculum Vitae • September 2025*

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## EDUCATION

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|-------------|--|
| <b>2018</b> | <b>Ph.D., Clinical Psychology with Quantitative Research Methods certificate</b><br>University of Connecticut<br>Storrs, Connecticut |
| <b>2016</b> | <b>M.S., Psychological Sciences</b><br>University of Connecticut<br>Storrs, Connecticut  |
| <b>2012</b> | <b>M.A., Psychology</b><br>The New School<br>New York, New York  |
| <b>2010</b> | <b>B.F.A., Recorded Music &amp; Psychology</b><br>New York University<br>New York, New York  |

## LICENSES

### **Psychologist** ([Maryland](#))

License number: 06907  
License date: March 27<sup>th</sup>, 2023  
Status: Active

### **Psychologist** ([Alabama](#))

License number: 2178  
License date: March 13<sup>th</sup>, 2020  
Status: Inactive

## POSITIONS

### **Licensed Psychologist**

InsightCare, LLC  
Kensington, Maryland  
May 2025 to Present  
~10 hours/week

- Part-time licensed psychologist with InsightCare, LLC, providing clinical services and psychological evaluation under Maryland psychology license
- Providing part-time individual outpatient psychotherapy to adults in private practice using a client-centered therapeutic orientation with techniques derived from Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT)
- Ensured compliance with Maryland Board of Examiners of Psychologists requirements for license maintenance and renewal
- Completed clinical and regulatory documentation to ensure proper billing and insurance coverage

**Research Psychologist**

Center for Military Psychiatry and Neuroscience, Walter Reed Army Institute of Research  
Silver Spring, Maryland

May 2020 to Present

40 hours/week

- Department of Defense civilian research psychologist, principal investigator, and program evaluator in the Research Transition Office, Center for Military Psychiatry and Neuroscience, Walter Reed Army Institute of Research
- Directed research programs that study operational and stress issues covering psychological health-related subject matter including:
  - Preventative mental health interventions
  - Prevention of suicide and other harmful behaviors
  - Self-care and resilience training
  - Moral injury prevention
  - Development of ethical military leaders
- Contributed to research programs as an analyst or co-investigator covering subject matter including but not limited to:
  - Moral injury
  - Acute stress reaction
  - COVID-19 stress management
  - Bystander intervention
  - Mindfulness and yoga interventions
  - Unit cohesion
  - Sleep health
  - Behavioral health outcomes including depression, anxiety, and posttraumatic stress
- Collected and analyzed research data that affect psychological health as principal investigator and project lead through WRAIR Human Subjects Protection Branch and/or WRAIR IRB-approved protocols focused on understanding and improving the physical, mental, and social health of Soldiers and their Families
  - Designed research and evaluation designs and employed advanced quantitative analysis to assess the impact of resilience and mental health trainings on targeted outcomes, including but not limited to a mindfulness training and yoga intervention for basic combat trainees and leader development training for squad leaders
  - Conducted interviews and focus groups with Soldiers in support of the Cohesion Assistance Team and information gathering efforts with the U.S. Army Recruiting Command
  - Developed and piloted curriculum and informational material for mental health-focused trainings, interventions, and public mental health education
  - Developed research projects in consultation with internal Army stakeholders including but not limited to the U.S. Army Veterinary Corps, the U.S. Army Chaplain Corps, and the U.S. Army Recruiting Command
  - Ensured compliance with Human Subjects Protection Branch and/or Institutional Review Board requirements and relevant Federal regulations for the conduct of research
- Managed operational budgets used to develop manpower and support cost budget requirements
  - Managed budgets, tasks, milestones, and deliverables as principal investigator for a grant to study the assessment of moral injury funded by the Military Operational Medicine Research Program (MOMRP)
  - Formulated budgets and interagency agreements to support program evaluations and product development with the Army Office of the Surgeon General and the

- Army Chaplain Corps
- Submitted a novel grant proposal to conduct a randomized controlled trial of a moral injury prevention training to the Military Operational Medicine Research Program (MOMRP) inclusive of budgets and requirements for manpower, travel, other direct costs, and indirect costs
- Provided consultation to the RTO Director on budgeting and personnel matters as requested
- Participated in source selection processes as required
- Provided advice and guidance through consultation, technical reports, and delivery of formal evidence-based outbriefs on stress management, resilience enhancement, and performance to senior Army leaders affiliated with U.S. Army Training and Doctrine Command (TRADOC), the Directorate for Prevention, Resilience, and Readiness (Headquarters, Department of the Army G-9), and the U.S. Army Veterinary Corps
- Directed and managed a blended research team including Soldiers, civilians, contractors, and research fellows (bachelors, masters, and postdoctoral) in the execution of research projects and program evaluations
- Provided statistical, methodological, and professional education and mentorship to colleagues, research associates, and fellows
- Published findings in peer-reviewed scientific publications (14 total, 4 as first author affiliated with WRAIR) and presented research at professional conferences (15 total, 5 as lead presenter affiliated with WRAIR)
- Carried out all functions as the RTO Acting Director in the absence of the RTO Director, to include management of office personnel, timely completion of administrative tasks, and representation of the RTO to internal and external stakeholders
- Fostered relationships with external stakeholders in academia and industry

**Psychology Associate**

InsightCare, LLC

Kensington, Maryland

January 2021 to March 2023

~10 hours/week

- Part-time psychology associate with InsightCare, LLC, providing clinical services and psychological evaluation under the supervision of a licensed psychologist
- Provided part-time individual outpatient psychotherapy to adults in private practice using a client-centered therapeutic orientation with cognitive-behavioral techniques
- Conducting intake assessments and providing individual therapy to clients on a routine basis in person and via telehealth during the COVID-19 pandemic
- Completed documentation required to ensure proper billing and insurance coverage where appropriate
- Accrued sufficient number of clinical care hours to subsequently obtain a license to practice as a psychologist in Maryland
- *Clinical supervisor:* Dr. Niveen Soliman

**Research Psychologist (Contractor)**

TechWerks, LLC, in support of the Walter Reed Army Institute of Research

Silver Spring, Maryland

February 2019 to May 2020

40 hours/week

- Principal investigator and program evaluator in support of the Research Transition Office, Center for Military Psychiatry and Neuroscience, Walter Reed Army Institute of Research
- Collected and analyzed research data that affect psychological health through IRB-approved research protocols and program evaluations

- Led onsite survey-based data collections at Army installations in support of the program evaluation of the Suicide Prevention Plan
- Developed resilience and self-care curriculum for delivery to Army Veterinary Corps personnel
- Published scientific findings in peer-reviewed scientific publications and presented research at professional conferences

**Postdoctoral Fellow**

Henry M. Jackson Foundation for the Advancement of Military Medicine, in support of the Uniformed Services University of the Health Sciences

Bethesda, Maryland

September 2018 to February 2019

40 hours/week

- Postdoctoral fellow in spiritual fitness and chaplaincy training in support of the Center for Health and Military Performance at the Uniformed Services University of the Health Sciences
- Supported the development of the Special Operations Command (SOCOM) spiritual fitness scale through survey design
- Conducted qualitative interviews with SOCOM chaplains in support of research on spiritual fitness and performance
- Assisted with quantitative data analysis on study assessing Service member utilization of chaplain services
- Developed and published a conceptual model of spiritual fitness in the U.S. military
- Published scientific findings in peer-reviewed scientific publications and presented research at professional conferences

**Psychology Intern**

Louis Stokes Cleveland VA Medical Center

Cleveland, Ohio

August 2017 to August 2018

40 hours/week

- Completed APA-accredited clinical psychology internship in August 2018.
- Completed three four-month rotations each in gambling addictions treatment, residential psychosocial rehabilitation for veterans with severe mental illness, and intensive outpatient recovery management and community integration
- Provided group and individual treatment to veterans in residential treatment for compulsive gambling addictions and severe mental illness
- Completed research enrichment examining the role of religious and spiritual struggles on problematic gambling behavior
- Assisted with implementation of program development assessment for residential psychological rehabilitation program
- Worked in a clinical capacity on integrated care teams including psychologists, psychiatrists, social workers, nurses, chaplains, and peer support specialists

**Psychology Extern**

Center for Cognitive Behavioral Therapy at the Institute of Living

Hartford, Connecticut

August 2016 to March 2017

~15 hours/week

- Provided evidence-based cognitive behavioral treatment for mood and anxiety disorders in adolescents and adults

- Conducted structured diagnostic interviews for new patient intakes with children, adolescents, and adults
- Provided consultation at the Institute of Living's inpatient facility for referral to outpatient treatment at the Center for Cognitive Behavioral Therapy
- Administered and scored the following assessment measures:
  - Diagnostic Interview for Anxiety, Mood, and OCD and Related Neuropsychiatric Disorders (DIAMOND)
  - Structured Clinical Interview for DSM-IV Axis II Disorders (SCID-II)
  - Yale-Brown Obsessive-Compulsive Scale (Y-BOCS)
  - Children's Yale-Brown Obsessive-Compulsive Scale (CY-BOCS)
- *Clinical supervisors:* Dr. Christina Gilliam, Dr. Kristen Springer, and Dr. Blaise Worden.

**Psychology Extern**

VA Connecticut Healthcare System

Newington, Connecticut

September 2015 to June 2016

~25 hours/week

- Provided group-based substance abuse treatment for military veterans with alcohol use, tobacco use, and other substance use disorders in outpatient and intensive outpatient settings
- Employed protocol-based group interventions using motivational enhancement techniques, mindfulness techniques, and psychoeducation
- Served as case manager and individual therapist for four patients with substance use disorders
- Coordinated outpatient treatment with social service providers
- *Clinical supervisors:* Dr. Judith Cooney, Dr. Ned Cooney, and Dr. Kelly Grover.

**Student Clinician**

Psychological Services Clinic, University of Connecticut

Storrs, Connecticut

August 2013 to August 2015

~10 hours/week

- Provided individual psychotherapy to adult clients using interpersonal and cognitive-behavioral modalities in a university-based training clinic
- Administered and scored the following assessment measures:
  - Beck Anxiety Inventory (BAI)
  - Beck Depression Inventory (BDI)
  - Behavior Rating Inventory of Executive Function (BRIEF)
  - Connors Continuous Performance Test (CPT)
  - Mini International Neuropsychiatric Interview (MINI)
  - Minnesota Multiphasic Personality Inventory-2 (MMPI-2)
  - Rorschach (with Exner scoring system)
  - Thematic Apperception Test (TAT)
  - Structured Clinical Interview for DSM-5 Disorders (SCID-5)
  - Wechsler Adult Intelligence Scales (WAIS)
  - Yale-Brown Obsessive-Compulsive Scale (Y-BOCS)
- *Supervisors:* Dr. Dean Cruess, Dr. Juliane Fenster, and Dr. Dzintra Kingsley.

**COMPUTATIONAL/DATA SKILLS**

Advanced proficiency in the R statistical language, advanced proficiency in SPSS, and intermediate proficiency in Python. Statistical and data science skills include:

- Descriptive and univariate statistics
- Bivariate statistics
- Analysis of variance
- Regression and generalized linear modeling
- Exploratory and confirmatory factor analysis
- Multilevel modeling
- Survival modeling
- Structural equation modeling
- Latent growth curve modeling
- Latent class analysis
- Non-parametric statistics
- Psychometric analyses and measure development
- Measurement equivalence/invariance
- Sensitivity and specificity analysis
- Rasch modeling and item response theory
- Static, dynamic, and interactive data visualization
- Database management
- Interactive dashboard development

**PEER-REVIEWED PUBLICATIONS**

1. **Gutierrez, I. A.**, Bliese, P. D., Nassif, T. H., Smith, C. D., Jha, A. P., & Adler, A. B. (in press). The effect of a mindfulness training and yoga intervention on unit cohesion in the military. *Health Education & Behavior*. <https://doi.org/10.1177/10901981251358709>
2. **Gutierrez, I. A.**, Anderson, S. N., Crouch, C. L., & Adler, A. B. (2025). Engage: A bystander intervention training for U.S. Army soldiers. *Military Psychology*. <https://doi.org/10.1080/08995605.2025.2497573>
3. **Gutierrez, I. A.**, Smith, C. B., Adrian, A. L., & Allard, Y. S. (2025). Developing effective small team army leaders: A quasi-randomized controlled trial of the Squad Leader Development Course. *Armed Forces & Society*. Advance online publication. <https://doi.org/10.1177/0095327X241313370>
4. Crouch, C. L., **Gutierrez, I. A.**, Allard, Y. S., & Adler, A. B. (2024). Training military units in social connection: A quasi-experimental randomized trial. *Journal of Military Social Work and Behavioral Health Sciences*, 12(3), 265-276. <https://doi.org/10.1080/28367472.2024.2376070>
5. **Gutierrez, I. A.**, Krauss, S. W., & Adler, A. B. (2024). Leadership in moral awareness: Initial evidence from U.S. Army Soldiers returning from deployment. *Psychological Trauma: Theory, Research, Practice, and Policy*, 16(7), 1233-1237. <https://dx.doi.org/10.1037/tra0001551>
6. Forbes, D., LeardMann, C. A., Lawrence-Wood, E., Villalobos, J., Madden, K., **Gutierrez, I. A.**, Cowlishaw, S., Bauer, J., & Adler, A. B. (2024). Three-item Dimensions of Anger Reactions scale. *JAMA Network Open*, 7(2), e2354741. <https://doi.org/10.1001/jamanetworkopen.2023.54741>
7. Nassif, T. H., **Gutierrez, I. A.**, Smith, C. D., Jha, A. P., & Adler, A. B. (2023). The effect of a combined mindfulness and yoga intervention on soldier mental health in basic combat training: A cluster randomized controlled trial. *Depression and Anxiety*, 6869543. <https://doi.org/10.1155/2023/6869543>

8. Smith, C. D., **Gutierrez, I. A.**, Nassif, T. H., Jordan, K. L., Taylor, K. M., Jha, A. P., & Adler, A. B. (2023). Impact of mindfulness training and yoga on injury and pain-related impairment: A group randomized trial in basic combat training. *Frontiers in Psychology, 14*, 1214039. <https://dx.doi.org/10.3389/fpsyg.2023.1214039>
9. Adler, A. B., **Gutierrez, I. A.**, Edge, H. M., Nordstrand, A. E., Simms, A., & Wilmund, G. D. (2023). A peer-based intervention for acute stress reaction: Adaptations by five militaries. *BMJ Military Health*, e002344. <http://dx.doi.org/10.1136/military-2022-002344>
10. **Gutierrez, I. A.**, & Adler, A. B. (2022). Organizational context as a predictor of positive adjustment among soldiers following combat deployment. *Occupational Health Science*, 6(3), 451-473. <https://doi.org/10.1007/s41542-022-00120-0>
11. Adler, A. B., **Gutierrez, I. A.**, Gomez, S. A. Q., Beymer, M. R., Jackson Santo, T., Thomas, J. L., Cates, D. S., Milliken Bell, A., & Quartana, P. J. (2022). The role of leadership: COVID-19, mental health, and preventive health behaviors in US soldiers. *BMC Public Health*, 22, 943. <https://doi.org/10.1186/s12889-022-13345-z>
12. Adler, A. B., & **Gutierrez, I. A.** (2022). Acute stress reaction in combat: Emerging evidence and peer-based interventions. *Current Psychiatry Reports*, 24, 277-284. <https://doi.org/10.1007/s11920-022-01335-2>
13. Adler, A. B., & **Gutierrez, I. A.** (2022). Preparing soldiers to manage acute stress in combat: Acceptability, knowledge, and attitudes. *Psychiatry: Interpersonal and Biological Processes*, 85(1), 30-37. <https://doi.org/10.1080/00332747.2021.2021598>
14. Kazman, J. B., **Gutierrez, I. A.**, Schuler, E. R., Alders, E. A. A., Myatt, C. A., Jeffrey, D., ...Deuster, P. A. (2022). Who sees the chaplain? Characteristics and correlates of behavioral health care-seeking in the military. *Journal of Health Care Chaplaincy*, 28(1), 1-12. <https://dx.doi.org/10.1080/08854726.2020.1723193>
15. Nassif, T. H., Adrian, A. L., **Gutierrez, I. A.**, Dixon, A. C., Rogers, S., Jha, A., & Adler, A. B. (2021). Optimizing performance and mental skills with mindfulness-based attention training: Two field studies with operational units. *Military Medicine*, usab380. <https://dx.doi.org/10.1093/milmed/usab380>
16. Magin, Z. E., David, A. B., Carney, L. M., Park, C. L., **Gutierrez, I. A.**, and George, L. S. (2021). Belief in God and psychological distress: Is it the belief or the certainty of belief? *Religions*, 12(9), 757. <https://doi.org/10.3390/rel12090757>
17. **Gutierrez, I. A.**, Alders, E. A., Abulhawa, Z., & Deuster, P. A. (2021). VICTORS: A conceptual framework for implementing and measuring military spiritual fitness. *Military Behavioral Health*, 9(4), 375-389. <https://doi.org/10.1080/21635781.2021.1895922>
18. **Gutierrez, I. A.**, Kincaid, M., Best, A., & Adler, A. B. (2021). Resilience training efficacy by instructor specialization: A program evaluation with Army recruits. *Military Behavioral Health*, 9(3), 324-334. <https://doi.org/10.1080/21635781.2021.1876799>
19. Adler, A. B., Svetlitzsky, V., & **Gutierrez, I. A.** (2020). Posttraumatic stress disorder risk and witnessing team members in acute psychological stress during combat. *BJPsych Open*, 6(5), E98. <https://dx.doi.org/10.1192/bjo.2020.81>

20. **Gutierrez, I.A.**, Chapman, H., Grubbs, J. B., & Grant, J. (2020). Religious and spiritual struggles among military veterans in a residential gambling treatment program. *Mental Health, Religion & Culture*, 23(2), 187-203. <https://doi.org/10.1080/13674676.2020.1764513>
21. Carney, L. M., Park, C. L., **Gutierrez, I.A.** (2020). Religious beliefs and well-being and distress in congestive heart failure patients. *Journal of Behavioral Medicine*. Advance online publication. <https://dx.doi.org/10.1007/s10865-019-00115-3>
22. Adrian, A. L., Skeiky, L., Burke, T. M., **Gutierrez, I. A.**, & Adler, A. B. (2019). Sleep problems and functioning during initial training for a high-risk occupation. *Sleep Health*, 5, 651-657. <https://doi.org/10.1016/j.sleh.2019.06.009>
23. Grubbs, J. B., Chapman, H., Milner, L., **Gutierrez, I. A.**, & Bradley, D. F. (2018). Examining links between post-traumatic stress and gambling motives: The role of positive gambling expectancies. *Journal of Addictive Behaviors*, 32, 821-831. <https://dx.doi.org/10.1037/abd0000399>
24. Park, C. L., Elwy, A. R., Maiya, M., Sarkin, A. J., Riley, K. E., Eisen, S. V., **Gutierrez, I. A.**, Finkelstein-Fox, L., Lee, S. Y., Casteel, D., Braun, T., & Groessel, E. J. (2018). The Essential Properties of Yoga Questionnaire (EPYQ): Psychometric properties. *International Journal of Yoga Therapy*, 28, 23-28. <http://dx.doi.org/10.17761/2018-00016R2>
25. **Gutierrez, I. A.**, Hale, A., & Park, C. L. (2018). Life-changing religious and spiritual experiences: A cross-faith comparison in the United States. *Psychology of Religion and Spirituality*, 10, 334-344. <http://dx.doi.org/10.1037/rel0000137>
26. **Gutierrez, I. A.**, Park, C. L., & Wright, B. R. E. (2017). When the divine defaults: Religious struggle mediates the impact of financial stressors on psychological distress. *Psychology of Religion and Spirituality*, 9, 387-398. <http://dx.doi.org/10.1037/rel0000119>
27. Cooney, J. L., Cooper, S., Grant, C., Sevarino, K., Krishnan-Sarin, S., **Gutierrez, I. A.**, & Cooney, N. L. (2017). A randomized trial of contingency management for smoking cessation during intensive outpatient alcohol treatment. *Journal of Substance Abuse Treatment*, 72, 89-96. <http://dx.doi.org/10.1016/j.sat.2016.07.002>
28. Park, C. L., Riley, K. E., George, L. S., **Gutierrez, I. A.**, Hale, A. E., Cho, D., & Braun, T. D. (2016). Assessing disruptions in meaning: Development of the Global Meaning Violation Scale. *Cognitive Therapy and Research*, 40, 831-846. <http://dx.doi.org/10.1007/s10608-016-9794-9>
29. Groessel, E. J., Maiya, M., Elwy, A. R., Riley, K. E., Sarkin, A. J., Eisen, S. V., Braun, T., **Gutierrez, I.**, Kidane, L., & Park, C. L. (2015). The Essential Properties of Yoga Questionnaire: Development and methods. *International Journal of Yoga Therapy*, 25, 51-59. <http://dx.doi.org/10.17761/1531-2054-25.1.51>
30. **Gutierrez, I. A.**, & Park, C. L. (2015). Emerging adulthood, evolving worldviews: How life events impact developing belief systems. *Emerging Adulthood*, 3, 85-97. <http://dx.doi.org/10.1177/216769681454450>
31. **Gutierrez, I. A.**, Goodwin, L. J., Kirkinis, K., & Mattis, J. S. (2014). Religious socialization in African American families: The relative influence of parents, grandparents, and siblings. *Journal of Family Psychology*, 28, 779-789. <http://dx.doi.org/10.1037/a00035732>



32. **Gutierrez, I. A.**, & Mattis, J. S. (2014). Factors predicting volunteer engagement among urban-residing African American women. *Journal of Black Studies*, 45, 599-619. <http://dx.doi.org/10.1177/0021934714543189>
33. Park, C. L., & **Gutierrez, I. A.** (2013). Global and situational meaning in the context of trauma: Relations with psychological well-being. *Counselling Psychology Quarterly*, 26, 8-25. <http://dx.doi.org/10.1080/09515070.2012.727547>

#### **MANUSCRIPTS IN PROGRESS**

1. **Gutierrez, I. A.**, Anderson, S. N., & Adler, A. B. (under review). A unified model of military moral experience on deployment: Initial evidence from U.S. soldiers. *Military Psychology*.
2. Adler, A. B., Bliese, P. D., Kearns, N. T., Trachik, B. J., Osgood, J., & **Gutierrez, I. A.** (under review). BHO101: Evaluating new training for behavioral health officers. *The Medical Journal: U.S. Army Medical Center of Excellence*.
3. Adler, A. B., Bliese, P. D., **Gutierrez, I. A.**, Nassif, T. H., & Jha, A. P. (in preparation). *Leadership and the practice of mindfulness in a high-stakes occupation*.
4. **Gutierrez, I. A.**, Osgood, J. M., & Adler, A. B. (in preparation). *Emotion regulation for service members: Two pilot evaluations of the 5-5-5 training*.
5. **Gutierrez, I. A.**, Anderson, S. N., Alders, E. A., Zika, P. V., & Luken, M. L. (in preparation). *Professional practices and personal well-being in the U.S. Army Chaplain Corps: A qualitative assessment*.

#### **BOOK CHAPTERS**

1. Adler, A. B., & **Gutierrez, I. A.** (2023). Enhancing resilience in service members and military veterans. In C. H. Warner & C. Castro (Eds.), *Veteran and military mental health: A clinical manual* (pp. 29-44). Springer. [http://dx.doi.org/10.1007/978-3-031-18009-5\\_3](http://dx.doi.org/10.1007/978-3-031-18009-5_3)

#### **COMMENTARY AND NON-PEER-REVIEWED PUBLICATIONS**

1. **Gutierrez, I. A.** (2018, September). 10 lessons for graduate student advocates. *Times Higher Education*. Retrieved from <https://www.timeshighereducation.com/student/advice/10-lessons-graduate-student-advocates>
2. **Gutierrez, I. A.**, Bou Malham, P., & Miller-Cotto, D. (2017, August). *Graduate student employee unionization: Considerations for the future of graduate education in psychology*. [psyarxiv.com/wb8tm](https://psyarxiv.com/wb8tm)
3. Ameen, E., Doran, J.M., **Gutierrez, I. A.**, Keck, P., Khubchandani, A., Mizock, L., Smith, K., & Wisdom, J. (2015). Advocating for changes in parental leave policy in APA: APA Family Leave and Disability Working Group. *The Feminist Psychologist*, 42, 18-20. <https://www.apa.org/careers/early-career/parental-leave-guide.pdf>
4. **Gutierrez, I. A.** (2015, April). Not waiting for congress: Graduate student employees fight for paid leave. *In the Public Interest: A Publication of the APA Public Interest Directorate*. Retrieved from <http://www.apa.org/pi/about/newsletter/2015/04/paid-leave.aspx>

**CONFERENCE PRESENTATIONS**

1. **Gutierrez, I. A.**, Anderson, S. N., & Gonzales, R. (2025, September). *VETfit: Primary prevention and self-care training for U.S. Army veterinary personnel* [Poster]. International Society for Traumatic Stress Studies, Baltimore, MD.
2. Anderson, S. N., Gonzales, R., Alders, E. A., & **Gutierrez, I. A.** (2025, September). *Leadership in Moral Awareness (LIMA): Training for U.S. Army leaders* [Poster]. International Society for Traumatic Stress Studies, Baltimore, MD.
3. Adler, A. B., Osgood, J. M., **Gutierrez, I. A.**, & Bliese, P. D. (2025, September). *Piloting an easily-fielded emotion regulation strategy with U.S. soldiers: The 5,5,5 technique* [Conference session]. International Society for Traumatic Stress Studies, Baltimore, MD.
4. **Gutierrez, I. A.**, Luken, M. L., Anderson, S. N., Zika, P. V., & Alders, E. A. (2025, August). "Ask, Care, Escort" suite of trainings for suicide prevention: Evidence from an Army-wide program evaluation [Poster]. Military Health System Research Symposium, Kissimmee, FL.
5. Alders, E. A., Anderson, S. N., & **Gutierrez, I. A.** (2025, August). *Fostering healthy relationships: The role of chaplains and religious affairs specialists* [Poster]. Military Health System Research Symposium, Kissimmee, FL.
6. Anderson, S. N., Alders, E. A., Luken, M. L., Best, A., Nolet, J., Denneson, L., **Gutierrez, I. A.**, & Adler, A. B. (2025, August). *Military leader assessment of suicide postvention support: Preliminary findings* [Poster]. Military Health System Research Symposium, Kissimmee, FL.
7. Adler, A. B., Bliese, P. D., Kearns, N. T., Trachik, B. J., Osgood, J., & **Gutierrez, I. A.** (2025, August). *BHO101: Evaluation of a new training for behavioral health officers* [poster]. American Psychological Association, Denver, CO.
8. Luken, M. L., Nolet, J. M., Anderson, S. N., Alders, E. A., & **Gutierrez, I. A.** (2025, August). *Development and evaluation of the U.S. Army's newest suicide prevention trainings* [poster]. American Psychological Association, Denver, CO.
9. Novosel-Lingat, J. M., Sappenfield, K. B., Lopez, F., Adrian, A. L., **Gutierrez, I. A.**, & Carreno Davidson, J. T. (2025, August). *Train to win: An exploratory mixed methods, multi-site evaluation of military resilience training* [poster]. American Psychological Association, Denver, CO.
10. Anderson, S. N., Gonzales, R., Coaxum, M., Best, A., & **Gutierrez, I. A.** (2024, November). *Leadership in moral awareness (LIMA): Curriculum development and evaluation* [poster]. One Health Research Symposium, Edgewater, MD.
11. **Gutierrez, I. A.**, Anderson, S. N., & Adler, A. B. (2024, August). *Doing the right thing: Service member well-being and honorable personal and team conduct* [Poster]. American Psychological Association, Seattle, WA.
12. McCuaig Edge, H. J., **Gutierrez, I. A.**, Simms, A., Bennett, C., Bennett, N., Adler, A. B. (2023, September). *Adaptation of a peer-based intervention for acute stress reaction: Lessons from five militaries* [Conference session]. International Congress on Soldiers' Physical Performance, London, UK.

13. **Gutierrez, I. A.**, & Adler, A. B. (2023, August). The effect of moral awareness leadership on soldier health and performance. In A. B. Adler (Chair), *Promoting well-being in the military: The role of leaders* [Symposium]. American Psychological Association, Washington, DC.
14. **Gutierrez, I. A.**, Nassif, T. H., Smith, C. D., & Adler, A. B. (2023, August). Mindfulness leadership: The role of drill sergeants in basic combat training. In A. B. Adler (Chair), *Promoting well-being in the military: The role of leaders* [Symposium]. American Psychological Association, Washington, DC.
15. Allard, Y. S., Crouch, C. L., Knust, S. K., & **Gutierrez, I. A.** (2022, November). *ENGAGE-ing Army National Guard Members in a bystander intervention training* [Poster]. American Public Health Association Conference, Boston, MA.
16. Adler, A. B., **Gutierrez, I. A.**, Nassif, T. H., Crouch, C. L., & Smith, C. (2022, September). *Resilience building: Individuals and teams* [Presentation]. Talk presented at the United States and Israel Defense Forces Shores Meeting, Bethesda, MD.
17. Elliman, T., Nassif, T. H., Crouch, C. L., Dixon, A., **Gutierrez, I. A.**, Mikoski, P., Trachik, B., & Adler, A. (2022, September). *Stressors and protective factors during military relocations: Preliminary analysis of soldier interviews* [Poster]. Military Health System Research Symposium, Kissimmee, FL.
18. Nassif, T. H., Smith, C.D., **Gutierrez, I. A.**, Jordan, K., Bigelman, K. A., Jha, A. P., & Adler, A. B. (2022, September). *Enhancing physical health of soldiers during basic combat training with mindfulness and yoga* [Poster]. Military Health System Research Symposium, Kissimmee, FL.
19. Osgood, J. M., **Gutierrez, I. A.**, & Adler, A. B. (2022, September). *5,5,5: A pilot study of a novel online training to improve soldier emotion regulation* [Poster]. Military Health System Research Symposium, Kissimmee, FL.
20. Adler, A. B., **Gutierrez, I. A.**, Nassif, T. B., Denkova, E., Zanesco, A. P., & Jha, A. P. (2022, August). *Push-ups for the mind: The military and mindfulness research* [Symposium]. American Psychological Association, Minneapolis, MN.
21. **Gutierrez, I. A.**, & Adler, A. B. (2022, August). *Agency, work immersion, and life satisfaction among soldiers following combat deployment* [Poster]. American Psychological Association, Minneapolis, MN.
22. **Gutierrez, I. A.**, Allard, Y. S., & Edmondson, K. B. (2021, August). *Developing effective small team leaders: A randomized controlled trial of the Squad Leader Development Course* [Poster]. Military Health System Research Symposium Online Portal, Kissimmee, FL. [In-person conference cancelled due to the COVID-19 pandemic].
23. Adler, A. B., **Gutierrez, I. A.**, Holzinger, J., & Quartana, P. J. (2021, August). We've got your six: The role of the team in promoting soldier resilience. In Ainspan, N. (Chair), *Resilience in the Military: What Civilian Psychologists and Organizations Can Learn and Apply* [Symposium]. American Psychological Association, Virtual Conference.
24. **Gutierrez, I. A.**, & Allard, Y. S. (2020, August). *Ethical leadership training for non-commissioned officers* [Conference session]. American Psychological Association, Virtual Conference.

25. Adler, A. B., Crouch, C. L., **Gutierrez, I. A.**, Allard, Y. S., & Start, A. R. (2020, August). *TeamCORE: Reducing social isolation through improved unit cohesion* [Conference session]. American Psychological Association, Virtual Conference.
26. Crouch, C. L., **Gutierrez, I. A.**, Knust, S. K., & Allard, Y. S. (2020, August). *Engage: Bystander intervention training for junior enlisted soldiers* [Conference session]. American Psychological Association, Virtual Conference.
27. **Gutierrez, I. A.**, Alders, E., Schuler, E. R., Charters, K., & Deuster, P. (2019, April). *Developing the spiritually ready warfighter: A roadmap for defining, measuring, and implementing spiritual fitness in the military* [Conference session]. Society for the Psychology of Religion and Spirituality Midyear Conference, APA Division 36, Bowling Green, OH.
28. **Gutierrez, I. A.**, Park, C. L., & Howe, G. W. (2018, October). *Religious and spiritual struggles in the aftermath of involuntary job loss* [Conference session]. Society for the Scientific Study of Religion and the Religious Research Association, Las Vegas, NV.
29. Schuler, E., **Gutierrez, I. A.**, Charters, K. G., Krauss, S. W., & Deuster, P. A. (2018, October). *Development of an Initial Measure of Spiritual Fitness/Performance* [Conference session]. Society for the Scientific Study of Religion and the Religious Research Association, Las Vegas, NV.
30. **Gutierrez, I. A.**, Grubbs, J. B., Chapman, H., & Grant, J. (2018, July). *Problem/pathological gambling and religious and spiritual struggles* [Symposium]. National Conference on Problem Gambling, Cleveland, OH.
31. Grubbs, J.B., Chapman, H., Milner, L., & **Gutierrez, I. A.** (2018, March). *An ungodly wager: Religious and spiritual struggles among pathological gamblers* [Conference session]. Society for the Psychology of Religion and Spirituality Midyear Conference, APA Division 36, Riverside, CA.
32. Park, C. L., Carney, L. M., **Gutierrez, I. A.**, & Aldwin, C. M. (2017, October). *Religious beliefs predict mental and physical health in older adults with congestive heart failure* [Conference session]. Society for the Study of Human Development, Providence, RI.
33. **Gutierrez, I. A.**, Park, C. L., & Leach, C. W. (2017, May). *Affective response to trauma predicts perceptions of core belief change: Evidence from a trauma film paradigm study* [Poster]. Association for Psychological Science, Boston, MA.
34. **Gutierrez, I. A.**, & Park, C. L. (2017, May). *Measuring belief change following indirect exposure to mass trauma: A film-based experimental investigation*. In C. L. Park (Chair), *Innovations in the Study of Post-Traumatic Growth: Advances in Methods and Validation* [Symposium]. Association for Psychological Science, Boston, MA.
35. Park, C. L., Miller, R., & **Gutierrez, I. A.** (2016, August). *Are religious beliefs differentially related to positive and negative aspects of well-being?* [Poster]. American Psychological Association, Denver, CO.
36. Park, C. L., & **Gutierrez, I. A.** (2016, May). *Global meaning violation: Vulnerability and protective factors*. In M. Lindberg & J. Wilt (Chairs), *Is Meaning-Making Worthwhile? Risks and Rewards Associated with Maintaining, Restoring, and Seeking Meaning in Life*. Symposium presented at the 28th Annual Convention of the Association for Psychological Science, Chicago, IL.

37. Park, C. L., & **Gutierrez, I. A.** (2016, January). *Global meaning violation: Vulnerability and protective factors* [Poster]. Society for Personality and Social Psychology, San Diego, CA.
38. **Gutierrez, I. A.**, & Park, C. L. (2015, August). Experimental investigation of belief change after media exposure to the 2013 Boston Marathon attacks. In C. L. Park (Chair), *Innovative approaches to examine links between trauma and current religiousness/spirituality* [Symposium]. American Psychological Association, Toronto, ON, Canada.
39. **Gutierrez, I. A.**, Park, C. L., Groessl, E. J., Elwy, A. R., Sarkin, A., Eisen, S., & Maiya, M. (2015, April). *Yoga, politics, and religion: How yogis' social attitudes compare to the national average* [Poster]. Society for Behavioral Medicine, San Antonio, TX.
40. **Gutierrez, I. A.**, Park, C. L., & Wright, B. R. E. (2015, March). *Rendered unto Caesar: Exploring relationships between financial hardship, daily stress, and spiritual struggle* [Poster]. International Convention of Psychological Science, Amsterdam, the Netherlands.
41. **Gutierrez, I. A.**, Hale, A., & Park, C. L. (2014, August). Impression management and religious experience: A comparison of seven world religions [Conference session]. American Psychological Association, Washington, DC.
42. Braun, T. D., **Gutierrez, I. A.**, & Park, C. L. (2014, May). *Differential relations between mindfulness, self-compassion, and eating behavior* [Poster]. International Research Congress on Integrative Medicine and Health, Miami, FL.
43. **Gutierrez, I. A.**, & Park, C. L. (2013, May). *The impact of life events on changes in college students' world assumptions* [Poster]. Association for Psychological Science, Washington, DC.
44. Braun, T. D., **Gutierrez, I. A.**, Park, C. L., Davis, M. B., Mastronardi, E. L., & Trehern, A. E. (2013, May). *Positive, but not negative, religiousness, inversely relates to BMI* [Poster]. Association for Psychological Science, Washington, DC.
45. **Gutierrez, I. A.**, & Park, C. L. (2013, March). *Changes in college students' religious beliefs: The impact of life events* [Conference session]. Society for the Psychology of Religion and Spirituality Midyear Conference, APA Division 36, Columbia, MD.
46. **Gutierrez, I. A.**, Mattis, J., & Woodsmall, J. (2012, May). *Exploring predictive factors of volunteer participation among African American women* [Poster]. Society for the Psychological Study of Ethnic Minority Issues, APA Division 45, Ann Arbor, MI.
47. **Gutierrez, I. A.**, Mattis, J., Kirkinis, K., & Sienkiewicz, A. (2011, August). *The effect of social stressors and religious belief on depression outcomes among the bereaved* [Poster]. American Psychological Association, Washington, DC.
48. Kirkinis, K., Mattis, J., **Gutierrez, I. A.**, & Sienkiewicz, A. (2011, August). *Predicting prosocial and altruistic behaviors among African-American adults* [Poster]. American Psychological Association, Washington, DC.
49. Sienkiewicz, A., Mattis, J., **Gutierrez, I. A.**, & Kirkinis, K. (2011, August). *Attitudes regarding community cohesion among African American college students* [Poster]. American Psychological Association, Washington, DC.

50. **Gutierrez, I. A.**, Mattis, J.S., Kirkinis, K., & Sienkiewicz, A. (2011, April). Coping with loss through religion: How faith helps Black women cope with the loss of a loved one. In Mattis, J. S. (Chair), *Black women, faith, and positive psychology* [Symposium]. Society for the Psychology of Religion and Spirituality Midyear Conference, APA Division 36, Columbia, MD.
51. Kirkinis, K., Mattis, J., **Gutierrez, I. A.**, & Sienkiewicz, A. (2010, June). *The role of family in socializing its members to behave altruistically: A study of a low-income urban community* [Poster]. Society for the Psychological Study of Ethnic Minority Issues, APA Division 45, Ann Arbor, MI.

### **CHAired CONFERENCE SYMPOSIA**

1. **Gutierrez, I. A.** (Chair) (2020, August). *Building resilient teams: Implementing cohesion-based training for military units* [Symposium]. American Psychological Association, Virtual Conference.
2. **Gutierrez, I. A.**, & Martins, B. S. (Co-chair) (2015, August). *Creating your research program: How to develop a unified research narrative during graduate school* [Symposium]. American Psychological Association, Toronto, ON, Canada.

### **WORKSHOPS**

1. **Gutierrez, I. A.**, & Winkeljohn-Black, S. (2015, August). Hands on stats: A guide to basic statistical analysis [Workshop]. American Psychological Association, Toronto, ON, Canada.

### **INVITED TALKS**

1. **Gutierrez, I. A.** (2016, May). *Psychologists on Twitter: Getting involved and making a difference* [Invited talk]. Association of State and Provincial Psychology Boards Midyear Conference, Anchorage, AK.

### **AWARDED GRANTS, CONTRACTS, AND FUNDED SUPPORT**

- |           |   |
|-----------|---|
| 2025-2029 | Uniformed Services University of the Health Sciences (Carter, Principal Investigator). Individual Relationship Education as Primary Prevention [Full proposal under consideration]. Congressionally Directed Medical Research Program. Subaward: \$492,443. Role: Co-investigator/Subaward Site Lead.   |
| 2024-2025 | Walter Reed Army Institute of Research (Gutierrez, Technical Point of Contact). <i>Ask-Care-Escort (ACE) Longitudinal Program Evaluation</i> [GT&C: A2408-021-021-066304]. Directorate for Prevention, Resilience, and Readiness (DPRR), Headquarters, Department of the Army (G-9). Award: \$213,080. Role: Technical Point of Contact (PI equivalent).                                      |
| 2024-2025 | Walter Reed Army Institute of Research (Gutierrez, Technical Point of Contact). <i>Ask-Care-Escort (ACE) Curriculum Development</i> [GT&C: A2408-021-021-066304]. Directorate for Prevention, Resilience, and Readiness (DPRR), Headquarters, Department of the Army (G-9). Award: \$376,265. Role: Technical Point of Contact (PI equivalent).   |
| 2024-2025 | Walter Reed Army Institute of Research (Gutierrez, Technical Point of Contact). <i>Fostering Health Relationships among Soldiers: An Evaluation of Attitudes and Experiences of Army Chaplains and Religious Affairs Specialists</i> [GT&C: A2406-021-097-063453]. U.S. Army Institute of Religious Leadership (USA-IRL). Award: \$335,843. Role: Technical Point of Contact (PI equivalent). |

- 2023-2024 Walter Reed Army Institute of Research (Gutierrez, PI). *Moral Cognition and Behavioral Ethics* [MO220045]. Military Operational Medicine Research Program (MOMRP). Award: \$350,000. Role: Principal Investigator [Grant inherited from outgoing PI in September 2023].
- 2020-2022 Walter Reed Army Institute of Research (Nassif, PI). *Military Relocation and Soldier Behavioral Health* [W81XWH-16-2-0003]. Military Suicide Research Consortium (MSRC). Award: \$750,661. Role: Co-Investigator.
- 2013-2015 University of Connecticut (Park, PI). *Development of a Translational Tool to Study Yoga Therapy* (3R01AT006466-03S1). Supplement to Promote Diversity in Health-Related Research. National Center for Complementary and Integrative Health (NCCIH). Award: \$106,078. Role: Co-Investigator.

#### **PENDING GRANTS, CONTRACTS, AND FUNDED SUPPORT**

- 2025-2028 Walter Reed Army Institute of Research (Gutierrez, Principal Investigator). VETfit 2.0: A Tailored Intervention to Support Army Veterinary Services [Full proposal under consideration]. Military Operational Medicine Research Program. Proposed budget: \$1,076,000. Role: Principal Investigator. Proposed period of performance: 1 OCT 25 - 30 SEP 28.

#### **AWARDS**

- 2023 Department of the Army Civilian Service Achievement Medal
- 2020 Department of the Army Civilian Service Achievement Medal
- 2018 Travel Award, Religious Research Association. Award: \$500
- 2017 Constant H. Jacquet Research Award, Religious Research Association  
Award: \$955
- 2016 Student Research Award, Society for the Psychology of Religion and Spirituality (APA Division 36). Award: \$500.
- 2016 Julian B. Rotter Research Fellowship, University of Connecticut.  
Award: \$2,500
- 2012-2017 Multicultural Scholars Program Fellowship, University of Connecticut  
Award: 10-hour service-free fellowship
- 2010 Honors Scholar, New York University

#### **LEADERSHIP**

##### **American Psychological Association**

- 2020-2022 Needs Assessment, Slating, and Campaigns Committee, Member
- 2017-2018 Board of Directors, Student Member-at-Large
- 2016 Council Leadership Team, Student Member-at-Large
- 2015 Family Leave and Disability Working Group, Member

##### **American Psychological Association of Graduate Students (APAGS)**

- 2017-2018 Immediate Past-Chair
- 2016-2017 Chair
- 2015-2016 Chair-Elect
- 2014-2015 Science Committee, Member

##### **University of Connecticut**

- 2013-2014 Joint Elections Committee, Graduate Student Representative
- 2013-2014 Student Trustee Election Committee, Graduate Student Representative
- 2013-2014 Graduate Faculty Council, Graduate Student Representative
- 2012-2013 Student Welfare Committee, Graduate Student Representative

**University of Connecticut Graduate Student Senate**

2014-2015      Senator  
2013-2014      Parliamentarian  
2012-2013      Senator

**University of Connecticut Graduate Employee Union, United Auto Workers Local 6950**

2014-2015      Bargaining Committee, Member  
2013-2015      Organizing Committee, Member

**SCIENTIFIC SERVICE**

***Editorial Board Member***

2023-Present    *Psychological Services*  
2020-2022      *Training and Education in Professional Psychology*

***Ad Hoc Reviewer (Selected journals)***

*Ethnicity & Health*  
*Journal for the Scientific Study of Religion*  
*Journal of Family Studies*  
*Journal of Personality*  
*Medical Care*  
*Mental Health, Religion, and Culture*  
*Psychological Trauma: Theory, Research, Practice, and Policy*  
*Psychology of Religion and Spirituality*  
*Religion, Brain & Behavior*  
*Sociology Compass*  
*Translational Issues in Psychological Science*

**AFFILIATIONS**

American Psychological Association  
Society for Military Psychology (APA Division 19)

**TEACHING EXPERIENCE**

*Instructor of Record, University of Connecticut*  
Summer 2015      Abnormal Psychology

*Teaching Assistant, University of Connecticut*  
Spring 2017      General Psychology I  
Fall 2016        Abnormal Psychology  
Spring 2013      Principles of Research in Psychology  
Fall 2012        General Psychology I