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Scopus ID: [57210202657](https://scopusid.org/57210202657)

EDUCATION

- 2018** **Ph.D., Clinical Psychology with Quantitative Research Methods certificate**
University of Connecticut
Storrs, Connecticut
- 2016** **M.S., Psychological Sciences**
University of Connecticut
Storrs, Connecticut
- 2012** **M.A., Psychology**
The New School
New York, New York
- 2010** **B.F.A., Recorded Music & Psychology**
New York University
New York, New York

LICENSES

Psychologist ([Maryland](#))

License number: 06907
License date: March 27th, 2023
Status: Active

Psychologist ([Alabama](#))

License number: 2178
License date: March 13th, 2020
Status: Inactive

POSITIONS

Research Psychologist (DB-0180-03)

Research Transition Office, Walter Reed Army Institute of Research
Silver Spring, Maryland
May 2020 to Present
40 hours/week

- Department of the Army 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:
 - COVID-19 stress management
 - Bystander intervention
 - Peer intervention for acute stress
 - 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
- 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, Army 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 (13 total, 3 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. Julianne Fenster, and Dr. Dzintra Kingsley.

PEER-REVIEWED PUBLICATIONS

1. 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>
2. 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>
3. 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>
4. **Gutierrez, I. A.**, Krauss, S. W., & Adler, A. B. (2023). Leadership in moral awareness: Initial evidence from U.S. Army Soldiers returning from deployment. *Psychological Trauma: Theory, Research, Practice, and Policy*. Advance online publication.
<https://dx.doi.org/10.1037/tra0001551>

5. 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>
6. **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>
7. 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>
8. 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>
9. 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>
10. 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>
11. 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>
12. 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>
13. **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>
14. **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>
15. 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>
16. **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>

17. 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>
18. 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>
19. 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>
20. 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>
21. **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>
22. **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>
23. 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>
24. 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>
25. 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>
26. **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>
27. **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>
28. **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>

29. 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>

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

MANUSCRIPTS IN PROGRESS

1. **Gutierrez, I. A.**, Smith, C. B., & Allard, Y. S. (revise and resubmit). *Developing effective small-team army leaders: A randomized controlled trial of the Squad Leader Development Course*.
2. Crouch, C. L., **Gutierrez, I. A.**, Allard, Y. S., & Adler, A. B. (revise and resubmit). *Training military units in social connection: A quasi-experimental randomized trial*.

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
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. 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* [Paper presentation]. International Congress on Soldiers' Physical Performance, London, UK.
2. **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.
3. **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.
4. 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 presentation]. American Public Health Association Conference, Boston, MA.

5. 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.
6. 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 presentation]. Military Health System Research Symposium, Kissimmee, FL.
7. 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 presentation]. Military Health System Research Symposium, Kissimmee, FL.
8. 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 presentation]. Military Health System Research Symposium, Kissimmee, FL.
9. 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.
10. **Gutierrez, I. A.**, & Adler, A. B. (2022, August). *Agency, work immersion, and life satisfaction among soldiers following combat deployment* [Poster presentation]. American Psychological Association, Minneapolis, MN.
11. **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 presentation]. Military Health System Research Symposium Online Portal, Kissimmee, FL. [In-person conference cancelled due to the COVID-19 pandemic].
12. 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.
13. **Gutierrez, I. A.**, & Allard, Y. S. (2020, August). *Ethical leadership training for non-commissioned officers* [Paper presentation]. American Psychological Association, Virtual Conference.
14. 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* [Paper presentation]. American Psychological Association, Virtual Conference.
15. Crouch, C. L., **Gutierrez, I. A.**, Knust, S. K., & Allard, Y. S. (2020, August). *Engage: Bystander intervention training for junior enlisted soldiers* [Paper presentation]. American Psychological Association, Virtual Conference.
16. **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* [Paper presentation]. Society for the Psychology of Religion and Spirituality Midyear Conference, APA Division 36, Bowling Green, OH.

17. **Gutierrez, I. A.**, Park, C. L., & Howe, G. W. (2018, October). *Religious and spiritual struggles in the aftermath of involuntary job loss* [Paper presentation]. Society for the Scientific Study of Religion and the Religious Research Association, Las Vegas, NV.
18. 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* [Paper presentation]. Society for the Scientific Study of Religion and the Religious Research Association, Las Vegas, NV.
19. **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.
20. Grubbs, J.B., Chapman, H., Milner, L., & **Gutierrez, I. A.** (2018, March). *An ungodly wager: Religious and spiritual struggles among pathological gamblers* [Paper presentation]. Society for the Psychology of Religion and Spirituality Midyear Conference, APA Division 36, Riverside, CA.
21. 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* [Paper presentation]. Society for the Study of Human Development, Providence, RI.
22. **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 presentation]. Association for Psychological Science, Boston, MA.
23. **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.
24. Park, C. L., Miller, R., & **Gutierrez, I. A.** (2016, August). *Are religious beliefs differentially related to positive and negative aspects of well-being?* [Poster presentation]. American Psychological Association, Denver, CO.
25. 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.
26. Park, C. L., & **Gutierrez, I. A.** (2016, January). *Global meaning violation: Vulnerability and protective factors* [Poster presentation]. Society for Personality and Social Psychology, San Diego, CA.
27. **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.
28. **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 presentation]. Society for Behavioral Medicine, San Antonio, TX.

29. **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 presentation]. International Convention of Psychological Science, Amsterdam, the Netherlands.
30. **Gutierrez, I. A.**, Hale, A., & Park, C. L. (2014, August). Impression management and religious experience: A comparison of seven world religions [Paper presentation]. American Psychological Association, Washington, DC.
31. Braun, T. D., **Gutierrez, I. A.**, & Park, C. L. (2014, May). *Differential relations between mindfulness, self-compassion, and eating behavior* [Poster presentation]. International Research Congress on Integrative Medicine and Health, Miami, FL.
32. **Gutierrez, I. A.**, & Park, C. L. (2013, May). *The impact of life events on changes in college students' world assumptions* [Poster presentation]. Association for Psychological Science, Washington, DC.
33. 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 presentation]. Association for Psychological Science, Washington, DC.
34. **Gutierrez, I. A.**, & Park, C. L. (2013, March). *Changes in college students' religious beliefs: The impact of life events* [Paper presentation]. Society for the Psychology of Religion and Spirituality Midyear Conference, APA Division 36, Columbia, MD.
35. **Gutierrez, I. A.**, Mattis, J., & Woodsmall, J. (2012, May). *Exploring predictive factors of volunteer participation among African American women* [Poster presentation]. Society for the Psychological Study of Ethnic Minority Issues, APA Division 45, Ann Arbor, MI.
36. **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 presentation]. American Psychological Association, Washington, DC.
37. Kirkinis, K., Mattis, J., **Gutierrez, I. A.**, & Sienkiewicz, A. (2011, August). *Predicting prosocial and altruistic behaviors among African-American adults* [Poster presentation]. American Psychological Association, Washington, DC.
38. Sienkiewicz, A., Mattis, J., **Gutierrez, I. A.**, & Kirkinis, K. (2011, August). *Attitudes regarding community cohesion among African American college students* [Poster presentation]. American Psychological Association, Washington, DC.
39. **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.
40. 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 presentation]. 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.

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

GRANTS

2020-2022	Walter Reed Army Institute of Research (Nassif, PI). <i>Military Relocation and Soldier Behavioral Health</i> . Military Suicide Research Consortium (MSRC). Award: \$750,661. Role: Co-Investigator.
2013-2015	University of Connecticut (Park, PI). <i>Development of a Translational Tool to Study Yoga Therapy</i> (3R01AT006466-03S1). Supplement to Promote Diversity in Health-Related Research. National Center for Complementary and Integrative Health (NCCIH). Award: \$106,078. Role: Co-Investigator.

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)

BJPsych Open
Ethnicity & Health
Journal for the Scientific Study of Religion
Journal of Adolescence
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