

# ELISABETH ADAMS

(FORMERLY WALLA)

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(281) 615-8130

## EDUCATION

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### University of Houston

Bachelor of Arts, Psychology

Minor: Human Development &  
Family Studies

Overall GPA: 3.98

May 2024

### University of Houston

Master of Social Work

Overall GPA: 4.0

May 2026 (Expected Graduation)

## HONORS AND AWARDS

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- Dean's list (recognized eight times) - University of Houston • 2020-2024
- Academic Excellence Scholarship (\$14,000) - University of Houston • 2020-2024
- Provost's Undergraduate Research Scholarship (\$1,000) - University of Houston • 2022
- Summer Undergraduate Research Fellowship (\$4,000) - University of Houston • 2022
- Graduated *Summa Cum Laude* - University of Houston • 2024

## RESEARCH EXPERIENCE

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### Child Welfare Education Project (CWEP); Graduate College of Social Work, University of Houston

*Research Assistant* • September 2024 – Present; *Editorial Manager* • March 2025 – Present

Social Work research experience with Dr. Patrick Leung & Dr. Monit Cheung, part-time, 20 hours/week

- Responsibilities include: Editing and reviewing manuscripts to ensure adherence to American Psychological Association (APA) standards and improve overall clarity; identifying strengths and improvements within manuscripts prior to submission for publication; using Cascade CMS to update CWEP website; using SPSS to perform data analysis; participating in board meetings with the Child & Family Journal (CFJ)

### RESTORE Laboratory: Research on Emotion, Substance Treatment Outcomes, and Racial Equity; University of Houston

*Research Assistant* • June 2021 – May 2024

Clinical Psychology research experience with Dr. Michael Zvolensky, part-time, 20 hours/week

- Study assessed the co-occurrence of alcohol use and anxiety levels among Latinx individuals to model state-like experiential avoidance.
- Study examined the role of Latino cultural values on college students' physiological and behavioral responses that co-occur with worse health outcomes.
- Responsibilities include: assisting in the development and updating of study materials, pilot testing materials; programming of computer-based assessments and study materials; administering the Mini International Neuropsychiatric Interview (MINI) 7.0.2; managing and maintaining all participant files and study databases; preparing, reviewing, and modifying the University's Institutional Review Board (IRB) forms; assisting in participant recruitment and retention through organizing recruitment community events; monitoring participant data; creating syntax to organize study data for SPSS Version 28.0.0.0

### Marriage and Emotions Research Lab; University of Houston

*Research Assistant* • December 2021 – January 2023

Clinical Psychology research experience with Dr. Julia Babcock & Dr. Andy Godfrey, part-time, 10 hours/week

- Study assessed the effects of two brief interventions on communication and emotional expression between intimate partners who experienced recent intimate partner violence.
- Meta-analysis project that assessed violence perpetration via aggression and experiential avoidance contextualized by intimate partner violence (IPV).
- Responsibilities include: administering study protocols and consent forms to study participants; assisting with setup of study appointments, materials, and administering physiological monitoring; assisting in the development, promotion, and updating of study recruitment materials; managing and maintaining all participant files, forms, and study databases; compiled literature reviews; communicating with data management team regarding the validity and confidence of data found

## **WORK EXPERIENCE**

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### **Humble Area Assistance Ministries (HAAM); Humble, TX**

*Student Intern* • September 2024 – March 2025; *Case Manager* • December 2024 – March 2025

Social Work experience within a community social service agency, part-time, 17 hours/week

- Responsibilities include: Assisting with disaster relief services by gathering client documentation; assessing clients to connect them to agency services; participating in case management, supervision, and progress meetings; facilitating a computer skills class for older adults living in a residential facility; meeting with unemployed clients and assisting them with résumé development and connecting them to career programs

### **Petoskey Center; Houston, TX**

*Mental Health Intern* • May 2023 – May 2024

Clinical Psychology experience with mental health patients in an intensive outpatient program under Dr. Jennifer Markey, part-time, 10 hours/week

- Responsibilities include: writing clinical notes after each session; attending weekly meetings with interdisciplinary program staff and fellow interns to discuss patients' progress; developing and presenting outreach workshops that destigmatize mental health to various communities in the Houston area

## **RESEARCH PRESENTATIONS**

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- **Walla, E. M.**, Mayorga, N. A., Nizio, P., Zvolensky, M. J. (2022, April 14th). *The Role of Anxiety Sensitivity Among Latinx COVID-19 Survivors* [Poster presentation]. 2022 Undergraduate Research Day, Houston, Texas, United States.
- **Walla, E. M.**, Mayorga N. A., Nizio, P., Zvolensky, M. J. (2023, April 13th). *Perception of Stigma in Medical Settings During COVID-19: The Role of Sex Differences Among Latinos* [Poster presentation]. 2023 Undergraduate Research Day, Houston, Texas, United States.
- Godfrey D. A., Reynero, D., **Walla, E. M.**, Babcock, J. C., (2022, September 30th). *A Multilevel Examination of Cardiac Vagal Control and Aggressive Behavior during Interpersonal Conflict Among Partner Violent Couples: The Role of Empathy and Emotion Regulation* [Poster presentation]. 62nd Annual Meeting for the Society of Physiological Research, Vancouver, British Columbia, Canada.

## **PUBLICATIONS**

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- Godfrey D. A., Heinrich, A., **Adams E.**, Gallagher, M. W. (Under Review) *Experiential Avoidance and Aggression: A Meta Analysis*. *Journal of Contextual Behavioral Science*.

## **ORGANIZATIONS**

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- **Psi-Chi International Honor Society** - *Vice President's Chair, Treasurer's Chair* • Fall 2021 - Spring 2021
- **Psychology Club** - *Member* • Fall 2021 - Present
- **Phi Beta Kappa** - *Member* • April 2024 - Present

## **VOLUNTEER EXPERIENCE**

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### **SIRE Therapeutic Horsemanship**

*Volunteer*, part-time, 8 hours/week • May 2023 - August 2024

- Responsibilities include: assisting with an EAL (equine-assisted learning) program for veterans affiliated with Camp Hope; assisting with riding lessons by leading the horse or walking alongside disabled clients to ensure physical balance and proper mental stimulation; cleaning and maintaining horse barn and tack room areas

### **University of Houston Graduate College of Social Work**

*Cohort Communicator* • December 2024 - Present

- Responsibilities include: attending monthly meetings with university faculty and staff to address student needs; relaying important program information from administration to student peers

## **ADDITIONAL INFORMATION**

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**Computer Skills:** MS Office, Qualtrics, SPSS, and using online databases

**Certifications:** Collaborative Institutional Training Initiative (CITI) certified, MINI (Mini International Neuropsychiatric Interview 7.0.2) trained

**Languages:** Fluent in English, limited working proficiency in Spanish