

Curriculum Vitae

Kathryn E. Kanzler, PsyD, ABPP
Board Certified Clinical Health Psychologist

GENERAL INFORMATION**Education**

- 08/1995-05/1999 **Bachelor of Science in Psychology, *summa cum laude***
 Minor: English
 Liberty University, Lynchburg, VA
 Honors Thesis: *The relationship between birth order and leadership style*
- 09/2002-09/2005 **Master of Arts in Clinical Psychology**
 La Salle University, Philadelphia, PA
- 09/2002-09/2007 **Doctor of Psychology in Clinical Psychology**
 Health Psychology concentration
 La Salle University, Philadelphia, PA
 American Psychological Association accredited
 Dissertation: *Postpartum Depression Amongst Military Women*
- 08/2006-07/2007 **Internship (Residency) in Clinical Psychology**
 Wilford Hall Medical Center, San Antonio, TX
 American Psychological Association accredited
- 07/2009-07/2011 **Postdoctoral Fellowship in Clinical Health Psychology**
 Wilford Hall Medical Center, San Antonio, TX
 2-year program, American Psychological Association and
 American Academy of Sleep Medicine accredited
- 8/2019-08/2022 **Graduate Certificate in Health Disparities**
 UT Health Houston School of Public Health, Houston, TX
 (San Antonio Campus)

Professional Appointments*Academic Positions*

- 06/2022 – present **Associate Professor (Tenure Track)**
 Department of Medicine, Division of Health Services Research
 Department of Psychiatry and Behavioral Sciences
 Baylor College of Medicine, Houston, TX
Health Scientist
 Center for Innovations in Quality, Effectiveness & Safety (IQuEST)
 Michael E. DeBakey VA Medical Center, Houston, TX

Details: Lead multi-site research teams conducting health services and community-engaged research focused on increasing access to effective behavioral interventions and improving chronic disease outcomes, primarily among underserved populations. Obtain research funding, supervise research staff, manage study budgets, ensure study adherence to applicable regulatory and legal statutes and study protocols. Provide research mentoring and training for multidisciplinary junior faculty, postdoctoral fellows and research staff.

09/2022 – present

Adjunct Associate Professor

Research to Advance Community Health (ReACH) Center
Department of Psychiatry and Behavioral Sciences
Department of Family and Community Medicine
UT Health San Antonio/UTSA, San Antonio, TX

Details: Collaborate with faculty and learners on community-engaged and health services research; teach Acceptance & Commitment Therapy and chronic pain self-management didactics to clinical psychology residents; teach behavioral medicine didactics to Family & Community Medicine residents (e.g., chronic pain; weight management; data visualization).

9/2021 – 6/2022

Associate Professor (Tenure Track)

2/2015 – 8/2021

Assistant Professor (Tenure Track)

Research to Advance Community Health (ReACH) Center
Department of Psychiatry and Behavioral Sciences
Department of Family and Community Medicine
UT Health San Antonio/UTSA, San Antonio, TX

Details: Conducted health services and community-engaged research to improve health-related outcomes for diverse patient populations. Served as a faculty member in American Psychological Association (APA)-accredited doctoral clinical psychology program. Developed and taught didactics on clinical psychology, clinical health psychology, and integrated behavioral health topics for both Psychology doctoral interns and Family Medicine residents. Provided clinical care as an integrated behavioral health consultant in Family and Community Medicine's primary care behavioral health (PCBH) residency training clinic.

Military Healthcare System Positions

9/2011 – 1/2015

Chief - Clinical Health Psychology; US Air Force Active Duty Officer (Maj/O-5)

Malcolm Grow Medical Clinics & Surgery Center
Joint Base (JB) Andrews, Camp Springs, MD

Details: Served as core faculty in APA-accredited doctoral internship (residency) in a military treatment facility and academic medical center. Directed 10-clinician specialty clinic, with responsibility for reviewing consults, managing templates, developing/updating operating instructions, and training/supervising behavioral health technicians. Oversaw CHP rotation for psychology doctoral residents. Served as a Behavioral Health Consultant in primary care (family medicine and internal medicine). Conducted clinical, administrative, supervisory, and research roles in Clinical Health Psychology and the Family Health Clinic. Consulted with installation commanders on improving community health.

Special assignment: 11/2013- 01/2014, **Supervisor/Manager**, Alcohol & Drug Abuse Prevention and Treatment Program (ADAPT) 39 MDOS/SGOW, Incirlik Air Base, Adana, Turkey

Details: Volunteer “manning assist” in support of NATO PATRIOT mission. Oversaw base-wide Alcohol & Drug Abuse Prevention and Treatment Program and provided direct supervision to 2 Alcohol & Drug Counselors/Mental Health Technicians. Supervised and led patient aftercare groups, individual assessments and treatment; coordinated medical evacuations out of country and inpatient treatment admissions; oversaw community outreach and prevention efforts. Created and implemented Disaster Mental Health protocols. Led briefings and outreach to commanders, first responders, and unit members. Evaluated and treated complex mental health patients with significant mental health and/or comorbid physical health concerns. Wrote comprehensive assessment reports, conducted fitness for duty evaluations, managed high-risk patients, and coordinated care with commanders and multidisciplinary healthcare teams.

7/2009 – 9/2011

Postdoctoral Fellow – Clinical Health Psychology (CHP); US Air Force Active Duty Officer (Capt/O-4)

Wilford Hall Medical Center, JB San Antonio (Lackland), TX
San Antonio Uniformed Services, Health Education Consortium (SAUSHEC)

Details: Postdoctoral fellow in 2-year American Psychological Association-Accredited and American Academy of Behavioral Sleep Medicine-Accredited fellowship. Served in clinical, educational, supervisory, and research roles. Clinical rotations included OB/GYN, Pain Management, Sleep Medicine, and Neuropsychology. Facilitated clinical groups to target chronic pain, cardiovascular disease, insomnia, nightmares, tobacco cessation, and health behavior change. Used adjunctive biofeedback for treating stress, chronic pain, and temporomandibular disorders. Evaluated pre-surgical candidates and assessed active duty members with HIV. Supervised and taught doctoral clinical psychology interns. Delivered care as a behavioral health consultant in OB/GYN and as a consultant in Sleep Medicine. Completed 6-month mini-rotation in health policy at the USAF Medical Operations Agency.

9/2008 – 7/2009

Staff Psychologist; US Air Force Active Duty Officer (Capt/O-4)

Mental Health Clinic & Clinical Health Psychology Service, Wilford Hall Medical Center, JB San Antonio (Lackland), TX

Details: Served as core faculty in APA-accredited doctoral internship (residency) and supervisor for UT Health Psychiatry residents. Assessed and treated patients referred for Clinical Health Psychology concerns. Delivered care as a behavioral health consultant in OB/GYN. Developed and coordinated training schedule for Mental Health Clinic rotation. Supervised psychology residents, UT Health and USAF Psychiatry residents. Developed, revised, and presented related didactics to psychology and psychiatry trainees.

Military Deployment: 2/2009 – 6/2009, **Clinical Psychologist**, Combat Stress Control Clinic, Coalition Operating Base Adder, Tallil, Iraq

Details: Assessed and treated service members while deployed in support of OPERATION IRAQI FREEDOM (OIF). Consulted with commanders and leaders to enhance behavioral

health for thousands of members. Taught community/population health-based interventions to target coping with stress of deployment. Created and facilitated insomnia class and anger management course. Coordinated transport of behavioral health patients from deployed location to tertiary care hospital in Germany. Led Traumatic Event Management activities (psychological first aid) for commanders and units; consulted on managing post-traumatic health concerns.

9/2007 – 8/2008

**Director of Clinical Programs; US Air Force Active Duty Officer
(Capt/O-4)**

Clinical Health Psychology (CHP), Wilford Hall Clinical Medical Center,
Lackland AFB, TX

Details: - Served as core faculty in APA-accredited doctoral internship (residency). Evaluated and treated patients referred for CHP services. Developed, modified, and led group treatment programs for sleep problems, stress management, and tobacco cessation. Created and coordinated training schedule for CHP psychology intern rotation. Provided clinical supervision to psychology residents during CHP rotation. Delivered care as a behavioral health consultant in OB/GYN (outpatient primary care & inpatient settings).

Other Professional Positions

11/2004 – 10/2005

Admissions Clinician, Friends Hospital, Philadelphia, PA

Details: Conducted intake assessments for inpatient psychiatric facility. Evaluated, triaged, and dispositioned patients in interdisciplinary Admissions Department (16-32 hrs/month).

10/2001 – 04/2003

Intensive Case Manager, Bethanna Residential Treatment Services,
Southampton, PA

Details: Provided case management services in residential treatment facility for boys aged 5-17. Served as liaison between schools, courts, child protective services, other agencies, parents and foster parents to ensure best care for boys with severe emotional and behavioral concerns. Conducted home visits/inspections in Philadelphia and suburbs and attended court cases with clients. (20 hours/week)

09/1999 – 09/2001

Case Manager, Family Service, Mt. Holly, NJ

Details: Provided case management services in family-based and child/adolescent-based partial care programs. Facilitated therapeutic milieu. Taught developmentally appropriate psychoeducational classes on life skills and stress management (full-time).

Consultant/Subject Matter Expert

2024 - 2026, Center for Integrated Healthcare, Syracuse VA Medical Center – *Brief CBT for Insomnia Leadership Panel* (Project Lead/PI: Jennifer Funderburk, PhD)

07/2025 – 09/2025, University of Texas Rio Grande Valley School of Medicine – *Alleviating Social and Psychological Ill-being Research and Evaluation (ASPIRE) study* (Project Lead/PI: Deepu George, PhD, LCSW)

05/2024-12/2024, University of Houston – *Training Community Health Workers (CHWs) and CHW-Instructors on goal setting with Focused Acceptance & Commitment Therapy Bullseye* (Project Lead: Dan Price, PhD)

05/2015-09/2015, Texas State of Mind/The Meadows Mental Health Policy Institute - consultant on best practices in integrated behavioral health. (Project Leads: Jim Zahniser, Michele R. Guzmán, PhD & Andy Keller, PhD)

Advanced training/experience

07/14/2022 - 07/23/22 Office of Behavioral and Social Science Research/National Heart, Lung and Blood Institute/National Institutes of Health, Summer Institute on Randomized Behavioral Trials, Bethesda, MD

Details: Competitively selected from an international applicant pool to attend 10-day intensive training focused on design & conduct of behavioral randomized controlled trials.

08/2019 – 08/2022 Public Health Coursework

Details: Courses taken to fulfill a 12-credit-hour graduate certificate in Health Disparities at the UT Health Houston School of Public Health. Funding provided through National Institute of Diabetes, Digestive and Kidney Diseases/National Institutes of Health K23 grant.

5/2022-08/2022, PH1251: Seminar on the Health of Sexual and Gender Minority Persons

1/2021-05/2021, PH3998: Community Based Participatory Research

8/2020-12/2020, PHA1232: Obesity, Nutrition and Physical Activity

8/2020-12/2020, PH5102: Health Disparities Core Seminar

1/2020-5/2020, PHM3922: Economic and Social Determinants of Health

8/2019-12/2019, PH 3800: Enhancing Cultural Humility through Social Justice

08/2008 – 07/2009 Squadron Officer School (Distance Learning, Course 28)

Details: Completed U.S. Air Force professional military education coursework focused on ethical leadership, decision-making models, and cross-functional team building, applied within a large organizational structure.

07/2006 – 08/2006 Commissioned Officer Training, Maxwell AFB, Montgomery, AL

Details: Completed 5+ week leadership training program for professionals transitioning into military service as commissioned officers. Coursework included leadership seminars, physical fitness training, and instruction in military customs, ethics, and organizational structure.

Honors and Awards

Academic Honors/Awards

2026	<i>Wellness Initiative Supporting Health (WISH) small grant, “Crafting Wellness,”</i> Department of Medicine, Baylor College of Medicine (with Matthew Branson, PhD & Stephanie Day, PhD)
2025	<i>Mentor of the Year Award</i> , Center for Innovations, Quality and Effectiveness (IQuEST)
2023	<i>Community Engagement Hero Award – Outstanding Researcher</i> , Institute for Integration of Medicine & Science, UT Health San Antonio
2023	<i>Wingspread Honoree</i> , Collaborative Family Healthcare Association
2023	<i>Fellow</i> , Society of Behavioral Medicine
2019; 2021	<i>Loan Repayment Award</i> , National Center for Advancing Translational Sciences/National Institutes of Health
2018	<i>Distinguished Oral Abstract</i> , Translational Science 2018
2017	<i>Research Travel Award</i> , Research to Advance Community Health (ReACH) Center, UT Health San Antonio
2017	<i>Distinguished Oral Abstract</i> , Translational Science 2017
2011	<i>Aaron T. Beck Practitioner-Scientist Award</i> , La Salle University
2008	<i>Junior Psychologist of the Year</i> , Air Force Medical Service Alan W. London Award, Air - Education & Training Command
2007	<i>The Outstanding Graduate Award</i> , La Salle University’s PsyD Program
2006	<i>Assistant Chief Resident</i> , Wilford Hall Medical Center
2005	<i>Chief Extern</i> , La Salle University
1997 – 1999	<i>Sigma Tau Delta</i> , English Honor Society
1996 – 1999	<i>Honors Program</i> , Liberty University
1996 – 1999	<i>PSI CHI</i> , National Psychology Honor Society

Military Honors

2014	Air Force Meritorious Medal
2012	Air Force Outstanding Unit Award
2011	Air Force Medal of Commendation
2011	Air Force Outstanding Unit Award
2010	Air Force Longevity Medal
2009	Iraq Campaign Medal (one device)
2009	Army Medal of Commendation
2009	Air Force Expeditionary Service Ribbon (Gold Frame)
2009	Air Force Outstanding Unit Award
2008	Air Force Outstanding Unit Award
2006	National Defense Service Medal
2006	Global War on Terrorism Service Medal
2006	Air Force Training Ribbon

Board Eligibility/Certification

Description/Agency	Status	Date Acquired	Number	Expiration
<i>Board Certification</i>				
Diplomate of the American Board of Clinical Health Psychology (ABCHP)	Certified	10/2012	7241	12/2026

License to Practice

Texas Board of Examiners of Psychology	Active	2/2015	37035	02/2027
Kansas Behavioral Sciences Regulatory Board	Inactive	9/2008	1755	06/2016

Other Certification

Basic Life Support (BLS/CPR)	Certified	1/2023	N/A	1/2027
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RESEARCH INFORMATION**Research Support: Current Funding**

1. 10/2024-09/2026, **Principal Investigator:** *Supporting Acceptance for Living with Unwanted Thoughts and Experiences in Chronic Pain (SALUTE-CP) for Active Duty Military Servicemembers.* Funding: Department of Defense/CDMRP; #HT94252411063, \$250,000.
2. 07/2023-06/2027, **Principal Investigator:** *Supporting Access for Latinx Underserved in Diabetes Management (SALUD-M): An Equity-Driven Randomized Controlled Trial of Acceptance Based Coping Skills for Latinx Military Patients with T2DM.* Funding: American Diabetes Association, #7-23-ICTSBMH-04, \$599,473.
3. 10/2026-09/2027, **Principal Investigator/Mentor:** *Identifying Opportunities to Support Veterans with Type 2 Diabetes and Cognitive Impairment Using VA EHR Data.* Funding: Michael E. DeBakey VA Medical Center Seed and Bridge Award Program (Co-PI/Mentee: Tracy Evans, PhD), \$50,000.
4. 10/2025-09/2027, **Co-Investigator:** *Engaging primary care nurses and Veterans to develop and test processes to identify and assist Veterans with unmet social needs (PI: Kamdar).* Funding: Health Systems Research/Department of Veterans Affairs, #1 I21 RD000609-01A1, \$230,000.
5. 10/2024-09/2027, **Co-Investigator:** *Rural Veterans and Community Mental Health Care: How, Why, and Ways VA Can Become the Preferred Provider (PI: Grubbs).* Funding: VA Office of Rural Health \$272,634.41.
6. 2023 – 2028, **Consultant,** *Comprehensive Long COVID Care for Underserved Communities: Innovative Delivery and Dissemination Models (Comunidad; MPIs: Verdusco-Gutierrez, Kilpela & Tsevat).* Funding: Agency for Healthcare Research and Quality, #U18 HS29947-01, \$5,000,000.
7. 05/2018 –04/2027; **Co-Investigator,** *Targeting Chronic Pain in Primary Care Settings Using Internal Behavioral Health Consultants (MPI: Goodie & D. McGeary).* Funding: Department of Defense (DoD), #NH170004, \$7,351,951.00.

Research Support: Prior Funding

1. 09/2019-06/2025, **Principal Investigator:** *Acceptance Based Coping (ABaCo) Skills Delivered by Promotores for Hispanic/Latino Patients with T2DM.* Funding: National Institute of Diabetes, Digestive & Kidney Diseases/NIH, #1K23DK123398-01, \$686,657.
2. 10/2023-09/2024, **Principal Investigator:** *Supporting Acceptance for Living with Unwanted Thoughts and Experiences in Chronic Pain (SALUTE-CP) for Veterans.* Funding: Michael E.

DeBakey VA Medical Center Seed and Bridge Award Program, \$49,990.

3. 05/2016-04/2018, **Principal Investigator/KL2 Scholar**, *Acceptance and Commitment Therapy for persistent pain in an integrated primary care clinic*. Funding: UT Health San Antonio Mentored Research Career Development (KL2) Program in Clinical and Translational Science (CTSA PI: Clark) & UT Health San Antonio's Long School of Medicine/IIMS, \$280,000.
4. 01/2012-12/2015, **Site Principal Investigator**: *Toward a Gold Standard for Suicide Risk Assessment for Military Personnel* (MPI: Gutierrez & Joiner). Funding: Department of Defense/Military Operational Medicine Research Program, #W81XWH-10-2-0178, \$2,800,000.
5. 01/2011-12/2013, **Site Principal Investigator**: *Kansas State University/Air Force Family Advocacy Research Development Project* (PI: Stith). Funding: USDA-CREES, #KS602147, \$250,000.
6. 01/2010-12/2014, **Principal Investigator**: *Evaluation of Suicidality, Cognitions And Pain Experience (ESCAPE): Implications for CBT in Military Populations*. Funding: Defense Medical Research and Development Program, #D61_I_10_J5_148, \$151,000.
7. 01/2008-12/2012, **Research Therapist**: *Treatment of PTSD and Chronic Pain after Traumatic Orthopedic Injury: A Randomized Clinical Trial* (PI: Gatchel). Funding: Congressionally Directed Medical Research Program, #W81XWH-08-02-010, \$1,500,000.

Publications

Full Papers in Peer Review Journals

Published (*indicates co-author with trainee status [student/resident/fellow])

1. **Kanzler, K.E.**, Romero, R., Morris, O., Morado, K., Johnson-Esparza, Y., *Gonzalez, I., Bay, K., Finley, E. (In Press). "Be very strong because it's agonizing:" A Mixed-Methods Study Informing Culturally Tailored Type 2 Diabetes Management for Hispanic/Latino Patients in South Texas. *Journal of the American Board of Family Medicine*.
2. **Kanzler, K.E.**, Johnson-Esparza, Y., Morris, O., Kelly, P.A., *Gonzalez, I., Romero, R.L., Garcini, L.M., Dindo, L., Amspoker, A.B. (2026). Validation of The Acceptance & Action Diabetes Questionnaire-Spanish. *Journal of Contextual Behavioral Science*. 40 (100998). <https://doi.org/10.1016/j.jcbs.2026.100998>
3. Chen, P.V., Walsh, J., Smith, A.H., Eck, C.E., Caloudas, A.B., Plasencia, M., **Kanzler, K.E.**, Grubbs, K.M. (2026). "Hit or Miss": Rural Veterans' Experiences Receiving Community Mental Health Care." *The Journal of Rural Health*. 42(2):e70151. PMID: 41964331 <https://doi.org/10.1111/jrh.70151>
4. Goodie, J. L., **Kanzler, K. E.**, McGeary, C. A., Young-McCaughan, S., Peterson, A. L., Cobos, B. A., Dobmeyer, A. C., Hunter, C. L., *Blue Star, J., Bhagwat, A., Houle, T. T., Buhner, J. C., Fowler, P., Brackins, N., Cardona, M. R., & McGeary, D. D. (2026). Targeting chronic pain in primary care settings using behavioral health consultants: A pilot study implementing brief cognitive behavioral therapy for chronic pain. *Journal of Clinical Psychology in Medical Settings*. PMID: 41553592. PMCID: PMC13226382. <https://doi.org/10.1007/s10880-025-10121-0>
5. **Kanzler, K.E.**, Kunik, K.E. & Aycok, C.A. (2024). Increasing access to behavioral healthcare: Examples of task-shifting in two U.S. government healthcare systems. *Families, Systems & Health*. 42(4), 626–636. PMID: 38497733. PMCID: PMC11967165. DOI: 10.1037/fsh0000886

6. Hale, W., *Vacek, S., Crabtree, M., *Grelle, K., Bryan, C., McGeary, D., & **Kanzler, K.E.** (2023). The benefits of making peace with pain: Chronic pain acceptance moderates the indirect effect of pain severity on suicidal cognitions. *Pain Medicine*, 24(8), 993-1000. PMID: 37027224 PMCID: PMC10391590 DOI: <https://doi.org/10.1093/pm/pnad042>
7. Garcini, M., **Kanzler, K.E.**, *Daly, R., *Abraham, C., Hernandez, L., Romero, R. & Rosenfeld, J. (2022). Mind the Gap: Addressing Mental Health Inequities in Underserved Communities. *Frontiers in Public Health*, 10:928575. PMID: 36172210 PMCID: PMC9510658 DOI: [10.3389/fpubh.2022.928575](https://doi.org/10.3389/fpubh.2022.928575)
8. **Kanzler, K. E.**, McGeary, D. D., McGeary, C., Blankenship, A. E., Young-McCaughan, S., Peterson, A. L., Buhner, J. C., *Cobos, B. A., Dobmeyer, A. C., Hunter, C. L., Bhagwat, A., *Blue Star, J. A., & Goodie, J. L. (2022). Conducting a pragmatic trial in integrated primary care: Key decision points and considerations. *Journal of Clinical Psychology in Medical Settings*, 29(1), 185-194. PMCID: PMC8184053.DOI: [10.1007/s10880-021-09790-4](https://doi.org/10.1007/s10880-021-09790-4)
9. **Kanzler, K. E.**, Robinson, P. J., McGeary, D. D., Mintz, J., Kilpela, L. S., Finley, E. P., McGeary, C., Lopez, E.J., Velligan, D., Munante, M., Tsevat, J., *Houston, B., Mathias, C.W., Potter, J.S. & Pugh, J. (2022). Addressing chronic pain with Focused Acceptance and Commitment Therapy in integrated primary care: findings from a mixed methods pilot randomized controlled trial. *BMC Primary Care*, 23(1), 1-14.; PMCID: PMC9011950; DOI: [10.1186/s12875-022-01690-2](https://doi.org/10.1186/s12875-022-01690-2)
10. Garcini, L.M., Rosenfeld, J., *Kneese, G., *Bondurant, R., **Kanzler, K.E.** (2022). Dealing with distress from the COVID-19 Pandemic: Mental health stressors and coping strategies in vulnerable Latinx communities. *Health and Social Care in the Community*, 30: 284-294. PMCID: PMC8251305; [10.1111/hsc.13402](https://doi.org/10.1111/hsc.13402)
11. *Wilfred, S.A., Becker, C.B., **Kanzler, K.E.**, Musi, N., Espinoza, S.E., Kilpela, L.S. (2021). Binge eating among older women: Prevalence rates and health correlates across three independent samples. *Journal of Eating Disorders*, 9(1), 1-10. PMCID:PMC8524882; [10.1186/s40337-021-00484-8](https://doi.org/10.1186/s40337-021-00484-8)
12. **Kanzler, K.E.**, Kilpela, L.S., Pugh, J., Garcini, L.M., Gaspard, C., Aikens, J.E., Reynero, E., Tsevat, J., Lopez, E., Johnson-Esparza, Y., Ramirez, A., Finley, E.P. (2021). Methodology for task-shifting evidence-based psychological treatments to non-licensed/lay health workers: Protocol for a systematic review. *BMJ open*, 11(2), e044012. PMCID: PMC7852942; DOI: [10.1136/bmjopen-2020-044012](https://doi.org/10.1136/bmjopen-2020-044012)
13. Goodie, J. L., **Kanzler, K. E.**, McGeary, C., Blankenship, A. E., Young-McCaughan, S., Peterson, A., *Cobos, B., Dobmeyer A.C., Hunter, C.L., Bhagwat A., *Blue Star, J.A., McGeary, D. (2020). Targeting chronic pain in primary care settings using behavioral health consultants: Methods of a randomized pragmatic trial. *Pain Medicine*, 21 (Suppl 2), S83-S90. PMCID: [PMC7825087](https://pubmed.ncbi.nlm.nih.gov/PMC7825087/) DOI: [10.1093/pm/pnaa346](https://doi.org/10.1093/pm/pnaa346)
14. Bastian, L.A., Cohen, S.P., Katsoyich, L., Becker, W.C., Brummett, B.R., Burgess, D.J., Crunkhorn, A.E... **Kanzler, K.E.**, ...& Kerns, R.D., on behalf of the NIH-DoD-VA Pain Management Collaboratory. (2020). Stakeholder engagement in pragmatic clinical trials: Emphasizing relationships to improve pain management delivery and outcomes. *Pain Medicine*, 21 (Suppl 2), S13-S20. PMCID: [PMC7824996](https://pubmed.ncbi.nlm.nih.gov/PMC7824996/); DOI: [10.1093/pm/pnaa333](https://doi.org/10.1093/pm/pnaa333)
15. **Kanzler, K.E.** & Ogbeide, S. (2020). Addressing Trauma and Stress in the COVID-19 Pandemic: Challenges and the Promise of Integrated Primary Care. *Psychological Trauma: Theory,*

Research, Practice, and Policy, 12(S1), S177. [Editor-reviewed publication].
PMCID: [PMC7976274](#); DOI: [10.1037/tra0000761](#)

16. *Moreno, J. L., *Nabity, P.S., **Kanzler, K.E.**, McGeary, C., McGeary, D.D. (2019). Negative life events contributing to psychological distress, pain, and disability in a U.S. military sample. *Military Medicine*, 184(1-2), e148-e155. PMID: 3039530; DOI: [10.1093/milmed/usy259](#)
17. **Kanzler, K.E.**, Pugh, J., McGeary, D.D., Hale, W., Mathias, C., Kilpela, L., Karns-Wright, T., Robinson, P., Dixon, S., McCracken, L (2019). Mitigating the effect of pain severity on activity and disability in patients with chronic pain: The crucial context of acceptance. *Pain Medicine*, 20(8), 1509-1518. PMCID: [PMC6686120](#); DOI: [10.1093/pm/pny197](#)
18. Wardian, J., **Kanzler, K.E.**, True, M., Glotfelter, M.A., Sauerwein, T. (2019). Is it distress, depression, or both?: Exploring differences in the Diabetes Distress Scale and the Patient Health Questionnaire in a diabetes specialty clinic. *Clinical Diabetes*, 37(2): 124-130. [Editor-reviewed publication] PMCID: [PMC6468826](#); DOI: [10.2337/cd18-0047](#)
19. Ogbeide, S., Landoll, R., Nielsen, M.K., **Kanzler, K. E.** (2018). To go or not go: Patient preference in seeking specialty mental health versus behavioral consultation within the Primary Care Behavioral Health consultation model. *Families, Systems, and Health*, 36(4):513-517. PMID: 30307267 DOI: [10.1037/fsh0000374](#)
20. **Kanzler, K.E.**, Robinson, P.R., McGeary, D.D., Mintz, J., Potter, J., Lopez, E., Dougherty, D.M., *Hale, W.J. & Velligan, D. (2018). Rationale and design of a pilot study examining Acceptance and Commitment Therapy for persistent pain in an integrated primary care clinic. *Contemporary Clinical Trials*, 66, 28-35. PMID: 29414142; DOI: [10.1016/j.cct.2018.01.004](#)
21. Moring, J., Peterson, A. & **Kanzler, K.E.** (2018). Tinnitus, Traumatic Brain Injury, and Posttraumatic Stress Disorder in the Military. *International Journal of Behavioral Medicine*, 25, 312-321. PMID: 29185182; DOI: [10.1007/s12529-017-9702-z](#)
22. Vogel, M. E., **Kanzler, K.E.**, Aikens, J. E., Goodie, J. (2017). Integration of behavioral health and primary care: Current knowledge and Future Directions. *Journal of Behavioral Medicine*, 40(1): 69-84. PMID: 27696126; DOI: [10.1007/s10865-016-9798-7](#)
23. Bryan, C.J., **Kanzler, K.E.**, *Grieser, E., Martinez, A., Allison, S., & McGeary, D. (2017). A shortened version of the Suicide Cognitions Scale for identifying chronic pain patients at risk for suicide. *Pain Practice*, 17(3): 371-381. PMID: 27317370; DOI: [10.1111/papr.12464](#)
24. *Ralston, T. & **Kanzler, K. E.** (2016). Symptom Discrimination and Habituation: A Case Study of Behavioral Treatment for Postural Orthostatic Tachycardia Syndrome (POTS). *Behavioral Medicine*, 42(1), 57-62. PMID: 25337949; DOI: [10.1080/08964289.2014.977765](#)
25. Bryan, C.J., *Blount, T. H., **Kanzler, K.E.**, Morrow, C.E., Corso, K.A., Corso, M.L., *Ray-Sannerud, B., (2014). Reliability and normative data for the Behavioral Health Measure (BHM) in primary care behavioral health settings. *Families, Systems & Health*, 32, 89-100. PMID: 24447151; DOI: [10.1037/fsh0000014](#)
26. **Kanzler, K.E.**, Goodie, J. L., Hunter, C.L., *Glotfelter, M. A., & Bodart, J. J. (2013). From colleague to patient: Ethical challenges in integrated primary care. *Families, Systems & Health*, 31, 41-48. PMID: 23566126; DOI: [10.1037/a0031853](#)

27. Goodie, J. L., **Kanzler, K.E.**, Hunter, C.L., *Glottfelter, M. A., & Bodart, J. J. (2013). Ethical and effectiveness considerations with primary care behavioral health research in the medical home. *Families, Systems & Health*, 31, 86-95. PMID: 23566133; DOI: [10.1037/a0031852](https://doi.org/10.1037/a0031852)
28. Bryan, C.J., Corso, M.L., Corso, K.A., Morrow, C.E., **Kanzler, K.E.**, & *Ray-Sannerud, B. (2012). Severity of mental health impairment and trajectories of improvement in an integrated primary care clinic. *Journal of Consulting & Clinical Psychology*, 80, 396-403. PMID: 22428939; DOI: [10.1037/a0027726](https://doi.org/10.1037/a0027726)
29. Bryan, C.J., Corso, K.A., Corso, M.L., **Kanzler, K.E.**, *Ray-Sannerud, B., & Morrow, C.E. (2012). Therapeutic alliance and change in suicidal ideation during treatment in integrated primary care settings. *Archives of Suicide Research*, 16(4), 316-323. PMID: 23137221; DOI: [10.1080/13811118.2013.722055](https://doi.org/10.1080/13811118.2013.722055)
30. **Kanzler, K.E.**, Bryan, C.J., *Morrow, C.E., & McGeary, D. D. (2012). Suicide ideation and perceived burdensomeness in patients with chronic pain. *Pain Practice*, 12(8), 602-609. PMID: 22429694; DOI: [10.1111/j.1533-2500.2012.00542.x](https://doi.org/10.1111/j.1533-2500.2012.00542.x)
31. *Ray-Sannerud, B., Dolan, D., Morrow, C.E., Corso, K.A., **Kanzler, K.E.**, & Corso, M.L. Bryan, C.J. (2012). Longitudinal outcomes after brief behavioral health intervention in an integrated primary care clinic. *Families, Systems & Health*, 30, 60-71. PMID: 22288398; DOI: [10.1037/a0027029](https://doi.org/10.1037/a0027029)
32. Corso, K.A. Bryan, C.J., Corso, M.L, **Kanzler, K.E.**, *Houghton, D.C., Morrow, C.E. & *Ray-Sannerud, B. (2012). Therapeutic alliance and treatment outcome in integrated primary care. *Families, Systems, & Health*, 30, 87-100. PMID: 22709323; DOI: [10.1037/a0028632](https://doi.org/10.1037/a0028632)
33. **Kanzler, K. E.**, *McCorkindale, A.C., *Kanzler, L. J. (2011). Military women and divorce: Separating the issues. *International Journal of Feminist Family Therapy*, 23, 250-262. DOI: [10.1080/08952833.2011.604866](https://doi.org/10.1080/08952833.2011.604866)
34. Bryan, C.J., **Kanzler, K.E.**, Durham, T.L., West, C.L., Greene, E. (2010). Challenges and considerations for managing suicide risk in combat zones. *Military Medicine*, 175, 713-718. PMID: 20968259; DOI: [10.7205/milmed-d-09-00248](https://doi.org/10.7205/milmed-d-09-00248)
35. Bryan, C.J., *Morrow, C.E., & **Kanzler Appolonio, K.** (2009). Impact of behavioral health consultant interventions on patient symptoms and functioning in an integrated family medicine clinic. *Journal of Clinical Psychology*, 65, 231-234. PMID: 19152340; DOI: [10.1002/jclp.20539](https://doi.org/10.1002/jclp.20539)
36. Corso, K. A., Bryan, C.J., *Morrow, C.E., **Kanzler Appolonio, K.** Dodendorf, D.M. & Baker, M.T. (2009). Managing PTSD symptoms in active duty military personnel in primary care settings. *Journal of Mental Health Counseling*, 31, 119-136. DOI: [10.17744/mehc.31.2.1m2238t85rv38041](https://doi.org/10.17744/mehc.31.2.1m2238t85rv38041)
37. **Kanzler Appolonio, K.** & Fingerhut, R. (2008). Postpartum depression in a military sample. *Military Medicine*, 173, 1085-91. PMID: 19055183; DOI: [10.7205/milmed.173.11.1085](https://doi.org/10.7205/milmed.173.11.1085)

Under Review/ In preparation (*indicates co-author with trainee status [student/resident/fellow])

1. Touchett, H., **Kanzler, K.E.**, Trost, Z., Lindsay, J., Skelton, F. (Under Review). *Co-Designing Accessible Digital Mindfulness for Veterans With Spinal Cord Injury: Protocol for Developing and Testing VA CALM-SCI for Virtual Reality.*

2. *Wagh, K., Harding, J.L.; Aguilar Salinas, C.A., **Kanzler, K.E.**, & Chowell, G. (Under Review). *Closing the Gap: A Binational Analysis of Diabetes Mortality and Disability across the USA-Mexico Border Region*.
3. Dindo, L., Shanahan, M., Rodrigues, M., Zimmerman, B., Cramer, M., Woods, K., Smith, T.L., Ratcliff, C.G., Donis, N., Lee, J., Broadwa, D., Gonzalez, R.D., **Kanzler, K.E.** & Jorge, R. (Under Review). *Efficacy of Single-Day Acceptance and Commitment Training for Veterans with Polytrauma: Results from a Randomized Clinical Trial*.
4. **Kanzler, K.E.**, Plasencia, M., Chen, P.V., Smith, A.H., Eck, C.E., Walsh, J., Grubbs, K.M. (In Preparation). *Veterans' Experiences and Preferences Working with Mental Health Paraprofessionals: A Qualitative Study*.
5. *Asemota, O., Amspoker, A., *Igwele, C. *Morris, O., Johnson-Esparza, Y., Romero, R., **Kanzler, K.** (In preparation). *Factors Associated with Diabetes Distress in a Spanish-Speaking Hispanic/Latino Population Living with Type 2 Diabetes*.
6. **Kanzler, K.E.**, et al. (In Preparation). *Development of the Acceptance Based Coping (ABaCo) Skills Program: A community health worker-delivered intervention for Hispanic/Latino patients with type 2 diabetes*.

Abstracts Given During Last Five Years

(*indicates co-author with trainee status [student/resident/fellow])

1. *Asemota, O., Amspoker, A., *Igwele, C. *Morris, O., Johnson-Esparza, Y., Romero, R., **Kanzler, K.** (June, 2025). Factors Associated with Diabetes Distress in a Spanish-Speaking Hispanic/Latino Population Living with Type 2 Diabetes. In *Diabetes* (Vol 74, [Suppl 1] pp.633-P. <https://doi.org/10.2337/db25-633-P>
2. *Joseph, E., Boykin, D., Ortiz, V., **Kanzler K.E.** (April, 2022). The Relationship between Self-Compassion, Valued Activities and Psychological Factors in Patients with Chronic Pain. In *Annals of Behavioral Medicine* (Vol. 56 [Suppl 1], pp. S645).

Book Chapters

1. Morrow, C.E., Bryan, C.J., & **Kanzler Appolonio, K.** (2010). Suicidal behaviour: Assessment of people-at-risk. In U. Kumar & M.K. Mandal (Eds.) *Suicidal Behaviour: Assessment and Diagnosis*. New Delhi, India: Sage.

Other Works Communicating Research Results to Scientific Colleagues

1. Texas State of Mind/The Meadows Mental Health Policy Institute. *Best Practices in Integrated Behavioral Health: Identifying and Implementing Core Components* (Aug 2016). Report commissioned by St. David's Foundation. Available at https://mmhpi.org/wp-content/uploads/2020/11/Meadows_IBHreport_FINAL_9.8.16.pdf (Co-authored as a consultant)
2. VA/DoD Working Group Editors. (2010). *Pregnancy and childbirth: A goal oriented guide to prenatal care*. Version 2.0. Department of Veterans Affairs & Department of Defense. (Co-authored patient-focused guide as working group member).

3. Guideline Update Working Group. (2009). *VA/DoD Clinical Practice Guideline for Pregnancy Management* (version 2.0). Department of Veterans Affairs & Department of Defense. (Co-authored as working group member)

Works Communicating Research Results to the Community/General Public

1. **Kanzler, K.E.** (2026-present). *Reflections*. An evidence-based series on living with chronic health conditions and the conditions of life. Published online at: <https://medium.com/@kathryn.kanzler> and <https://www.kathrynkanzler.com/blog>
2. Boykin, D., Joseph, E., Williams, J., MacPherson, A., **Kanzler, K.E.** (Nov, 2025). *How self-compassion helps healthcare burnout*. Published online at: <https://www.sbm.org/healthy-living/how-self-compassion-helps-healthcare-burnout>
3. **Kanzler, K.E.** (2025, April 25). *I'm a scientist. My research to prevent diabetes in Latinos isn't woke. It's efficient*. Houston Chronicle. <https://www.houstonchronicle.com/opinion/outlook/article/diabetes-research-cuts-latino-hispanic-20265870.php>
4. Joseph E., Robinson, P., & **Kanzler, K.E.** (Dec, 2022). *Living Well with Type 2 Diabetes*. Published online at <https://www.sbm.org/healthy-living/living-well-with-type-2-diabetes>
Spanish version: Joseph E., Robinson, P., Morris, O., Romero, R., & **Kanzler, K.E.** (Dec, 2022). *Viviendo bien con la Diabetes Tipo 2*. Published online at https://www.sbm.org/UserFiles/file/SBMHLDiabetes_Spanish.pdf

Interviews (Media)

1. Binkley, J. (2020, Aug 14). "How do you stay healthy?" Interview with K.E. Kanzler. *Impact COVID Magazine*; published online at <https://web.archive.org/web/20241123112600/https://impactcovid.org/how-do-you-stay-healthy/>
2. Feist, J. (2020, Aug 13). "Nine ways to fight those pandemic blues." Interview with K.E. Kanzler. *Impact COVID Magazine*; published online at <https://impactcovid.org/nine-ways-to-fight-those-pandemic-blues/>
3. Aguirre, Priscilla. (2020, July 16) "Study: San Antonio ranked among most stressed cities during pandemic." Interview with K.E. Kanzler. *San Antonio Express-News*; published online at <https://www.mysanantonio.com/news/local/article/Study-San-Antonio-ranked-among-most-stressed-15406948.php>

Peer-Reviewed Research Presentations

International

Peer-reviewed research presentations – Platform (symposia, papers)

1. **Kanzler, K.E.** (Jul, 2025). Evaluation and Plans for the Acceptance Based Coping (ABaCo) Skills Program for Hispanic/Latino/a/x patients with type 2 diabetes. In O. Morris (Chair), P. Robinson, J. Blue Star & M. Sasano (Discussant), *Task-Sharing with Paraprofessionals: Increasing Access*

to *Critical FACT Skills*, symposium presented at the Association for Contextual Behavioral Science World Conference 23, New Orleans, LA (Continuing education activity).

2. **Kanzler, K.E.**, Robinson, P., Schlenker, C.G., Romero, R., Pugh, J.P., Finley, E.P., Aikens, J., Forman, E., & Ramirez, A. (Jul, 2021). *Development of the Acceptance Based Coping (ABaCo) Skills Program: A Community Health Worker-Delivered Focused ACT Intervention for Hispanic/Latinx Patients with Type 2 Diabetes*. Association for Contextual and Behavioral Sciences World Conference 19, virtual location due to COVID-19 pandemic. (Continuing education activity).
3. **Kanzler, K.E.**, Robinson, P., McGeary, D., Hale, W., Finley, E., McGeary, C., Pugh, J., Munante, M., Lopez, E., Mintz, J. (Jul 2020). *Focused Acceptance & Commitment Therapy (FACT) for chronic pain in an integrated primary care clinic: Findings from a pilot RCT*. In Robinson, P. (Chair), Barreto, M., Gaynor, S., Kanzler, K.E., Ogbeide, S., The Promise of Focused ACT (FACT) for Unique and Diverse Populations: Increasing Access to Health for All, at the Association for Contextual and Behavioral Sciences World Conference 18, virtual location due to COVID-19 pandemic. (Continuing education activity).

Peer-reviewed research presentations – Poster

1. *Morrow, C. E., Bryan, C. J., **Kanzler Appolonio, K.** & McGeary, D. (2009, April). *Effectiveness of treating chronic pain in an integrated primary care setting*. Poster presented at 30th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Montreal, Quebec, CA.

National

Peer-reviewed research presentations – Platform (symposia, papers)

1. **Kanzler, K.** (Presenter), Romero, R. (Presenter), Flores, B. (Presenter), Hernández, L. (Presenter), Escareño, J. (Presenter), Gomez A. (Presenter), de la Rosa, E. (Presenter), Winkler, P., Lopez, V., Morris, O., Blue Star, S., Lopez, J., & The UT Health Community Health Worker Translational Advisory Board (Oct, 2024). *Tackling Prediabetes in South Texas in Partnership with Community Health Workers: Community Based Participatory Research Principles in Action*. One-hour session (Research & Evaluation Course) presented at the 30th annual Collaborative Family Healthcare Association conference, San Antonio, TX (Continuing Education Activity).
2. **Kanzler, K.** (Presenter), Romero, R., (Presenter), Morris, O., Morado, K., Bay, K., Gonzalez, I. & Finley, E. (Oct, 2024). *“Be Very Strong Because it’s Agonizing:” A Qualitative Study Learning from Hispanic/Latinx Patients with Unmanaged Type 2 Diabetes*. One-hour session presented at the 30th annual Collaborative Family Healthcare Association conference, San Antonio, TX (Continuing Education Activity).
3. **Kanzler, K.E.** (Presenter), Robinson, P. (Discussant), Dindo, L., Ramirez, A.G., Aikens, J.E., Morris, O., Romero, R., Lindsay, J., Aycock, C., Sisco, S., Blue Star, J., Amsoker, A., Kvale, E., Finley, E. Acceptance based interventions for chronic health conditions with paraprofessional partners: Increasing access with task-shifting. In M. Shanahan (Chair), *Reaching patients with chronic conditions: Utilizing novel treatment delivery formats of acceptance & commitment therapy*. Symposium presented at the 45th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA. (Continuing Education Activity).

4. Goodie, J. (Presenter), **Kanzler, K.E.** (Presenter), McGeary, D., McGeary, C., Peterson, A., Young-McCaughan, S. *Practical Considerations for the Development and Implementation of Pragmatic Trial Designs in Integrated Primary Care*. (Oct, 2023). One-hour session presented at the 25th annual Collaborative Family Healthcare Association conference, Phoenix, AZ (Continuing Education Activity).
5. Goodie, J. (Presenter), **Kanzler, K.E.**, McGeary, C., Blankenship, A., Young-McCaughan, S., Peterson, A.L., Houle, T., ...McGeary, D. (Apr, 2022). *Targeting Chronic Pain in Primary Care Settings Using Behavioral Health Consultants: Lessons Learned from a Pilot Study*. Paper presented at the 43rd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Baltimore, MD.
6. **Kanzler, K.E.** (Chair), Robinson, P. (Co-Presenter), Schlenker, C.G., Aikens, J., Pugh, J.P., Forman, E., Finley, E.P., Tsevat, J., Romero, R., Reynero, E., & Ramirez, A. (Nov, 2021). *Early Phases of the Acceptance Based Coping (ABaCo) Skills Program: A Community Health Worker-Delivered Intervention for Hispanic/Latinx Patients with Type 2 Diabetes*. Spotlight Research Presentation presented at the 55th Annual Association for Behavioral and Cognitive Therapies Convention, virtual location due to COVID-19 pandemic. (Continuing Education Activity).
7. **Kanzler, K.E.** (Presenter), Robinson, P. (Presenter), Johnson-Esparza, J. (Presenter), Kilpela, L.S., Pugh, J., Garcini, L.M., Gaspard, C., Aikens, J.E., Reynero, E., Tsevat, J., Santana Lopez, E., Ramirez A., Finley, E.P. (Oct, 2021). *Systematic Review of Methods used to Adapt Behavioral Health Treatments for Delivery by Non-licensed/Lay Health Workers: Implications for Task-shifting in Research and Practice*. One-hour session presented at the 23rd annual Collaborative Family Healthcare Association conference, virtual location due to COVID-19 pandemic. (Continuing Education Activity).
8. **Kanzler, K.E.** (Presenter), Robinson, P., Finley, E., & *Houston, B. (Mar, 2019). *Using qualitative interview data to inform research on act for chronic pain in integrated primary care*. In Funderburk, J. (Chair), Beehler, G.P., McGroarty, Kanzler, K.E., *Development of brief interventions for integrated primary care: a focus on qualitative data*. Symposium presented at the 40th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington, DC. (Continuing education activity). In *Annals of Behavioral Medicine* (Vol. 53, pp. S205-S205).
9. Goodie, J. (Chair), **Kanzler, K. E.** (Co-chair), McGeary, D., Hunter, C., Glotfelter, M. A., & Peterson, A. L. (2019, March). *Improving the success of pragmatic trials with a comprehensive healthcare engagement approach*. Panel presented at the 40th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington, DC. (Continuing education activity). In *Annals of Behavioral Medicine* (Vol. 53, pp. S184-S184).
10. **Kanzler, K.E.** (Presenter), Robinson, P., McGeary, D.D., Lopez, E., Kilpela, K.S., Hale, W., Potter, J., Alvarado, M., Dougherty, D., Mintz, J., & Velligan, D. (Mar, 2019). *Findings from a small pilot RCT of acceptance & commitment therapy delivered in an integrated primary care behavioral health setting*. In Kanzler, K.E. (Chair), Vowles, K.E., Rosen, K., McGeary, D. *Reaching patients with chronic pain: a portfolio of approaches is needed*. Symposium presented at the 40th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington, DC. (Continuing education activity). In *Annals of Behavioral Medicine* (Vol. 53, pp. S206-S206).
11. **Kanzler, K.E.** (Presenter), Robinson, P. (Presenter), Munante, M., McGeary, D., Potter, J., Lopez, E., Hale, W., Mintz, J., & Velligan, D. (Apr, 2018). *Early findings from a real-world RCT:*

Acceptance and Commitment Therapy for persistent pain in an integrated primary care setting. Distinguished Oral Abstract (platform presentation) at Translational Science 2018, Washington, D.C.

12. **Kanzler, K.** (Presenter), Robinson, P. (Presenter), Munante, M., Lopez, E., (April, 2018). *Evaluating Acceptance & Commitment Therapy for persistent pain in a Primary care Behavioral Health pathway.* In Funderburk, J. (Chair) *Integrated Primary Care SIG Presents: Interventions for Chronic Pain in Primary Care: A Focus on Evaluation.* Symposium presented at the 39th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA (Continuing education activity).
13. Goodie, J. (Presenter), McGeary, D., **Kanzler, K.**, & Hunter, C. *Using pragmatic trial designs to examine IBHC interventions for chronic pain in primary care.* In Funderburk, J. (Chair) *Integrated Primary Care SIG Presents: Interventions for Chronic Pain in Primary Care: A Focus on Evaluation.* Symposium presented at the 39th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA (Continuing education activity).
14. **Kanzler, K.E.** (Presenter), Robinson, P., Munante, M., McGeary, D., Potter, J., MacIntyre, B., Lopez, E., Hale, W., Mintz, J., & Velligan, D. (Apr, 2017). *A novel treatment delivery of Acceptance and Commitment Therapy for chronic pain in an integrated primary care setting.* Distinguished Oral Abstract (platform presentation) at Translational Science 2017, Washington, D.C.
15. **Kanzler, K.E.** (Presenter), McGeary, D.D., Martinez, A., *Grieser, E.A., Allison, S., Tatum, J.I., Dixon, S., Bryan, C.J. (2014, November). *Evaluating Suicidality, Cognitions and Pain Experiences: Preliminary findings from the ESCAPE study.* In C.J. Bryan (Chair), *Suicidal belief system among military personnel and veterans.* Paper presented at the 48th Annual Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA (Continuing education activity).
16. **Kanzler, K. E.** & Corso, K.A. (2010, May). *BHOP integration in OB.* Presented at the 2nd Annual USAF Behavioral Health Optimization Program (BHOP) Conference, San Antonio, TX. (Continuing education activity)
17. Bryan, C.J. (Presenter), Corso, K.A., Corso, M.L. Morrow, C.E., **Kanzler, K. E.**, Ray-Sannerud (2010, May). *Advancing BHOP practice and training through empirical research: Three years of evidence.* Presented at the 2nd Annual USAF Behavioral Health Optimization Program (BHOP) Conference, San Antonio, TX. (Continuing education activity)
18. Hryshko-Mullen, A.S. & **Kanzler Appolonio, K.** (2008, June). *Integrating behavioral health consultation in a specialty clinic: Experiences in OB/GYN.* Presented at the 1st Annual USAF Behavioral Health Optimization Program (BHOP) Conference, San Antonio, TX. (Continuing education activity)

Peer-reviewed research presentations

1. *Morris, O., *Asemota, O., Morado, K., Romero, R., *Gonzalez, I., Amspoker, A., **Kanzler, K.** (March, 2025). *Modifiable Factors Associated with Self-Management Behaviors and Glycemic Control in Spanish-Speaking Hispanic/Latino Patients Living with Type 2 Diabetes in South Texas.* Poster presented at the 45th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.

2. *Joseph, E., Boykin, D., Ortiz, V., **Kanzler K.E.** (April, 2022). *The Relationship between Self-Compassion, Valued Activities and Psychological Factors in Patients with Chronic Pain*. Poster presented at the 43rd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Baltimore, MD.
3. Rosenfeld, J., Castilla, M., Cornejo, G., Abrego, J., Gandara, E., Winkler, P., Hardin, W., **Kanzler, K.E.** & Ferrer, R. (Oct, 2021). *Establishing a community-campus partnership to support community health workers during and after the COVID-19 pandemic*. Virtual oral poster presented at the American Public Health Association's Annual Meeting & Expo, Denver, CO, and online.
4. Wardian, J., **Kanzler, K.E.**, True, M., Glotfelter, M.A., Sauerwein, T. (June, 2018). *Is it distress, depression, or both?: Exploring differences in the DDS-17 and the PHQ-9 in a diabetes specialty clinic*. Poster presented at the American Diabetes Association's 78th Scientific Session, Orlando, FL.
5. Cancino, R., Lopez, E., **Kanzler, K.E.** (Sep, 2017). *Multiple joys in practice: Impacting family medicine practice healthcare outcomes using the Primary Care Behavioral Health Care model*. Poster presented at the 2017 American Academy of Family Physicians Family Medicine Experience, San Antonio, TX.
6. **Kanzler, K. E.**, McGeary, D.D., Bryan, C.J., *Tatum, J.I., Allison, S., Morrow, C.E., Edell, T.A., Dixon, S. A., *Grieser, E. (2012, April). *Chronic pain and suicidality in military patients*. Poster presented at the 33rd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
7. **Kanzler, K. E.**, McGeary, D.D. McCorkindale, A.C., *Glotfelter, M.A., Tatum, J.I. (2012, April). *Behavioral, spiritual and social factors in recently-diagnosed HIV-positive military members*. Poster presented at the 33rd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
8. *Corso, K.A., **Kanzler, K.E.** Morrow, C.E., Corso, M.L., *Ray-Sannerud, B. & Bryan, C.J. (2012, April). *Behavioral health consultation training: differences in clinical outcomes and therapeutic alliance according to level of training*. Poster presented at the 33rd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
9. *Ray-Sannerud, B., Bryan, C.J., Dolan, D., Morrow, C.E., Corso, K.A., **Kanzler, K.E.**, & Corso, M.L. (2011, April). *Preliminary evidence for long term outcomes following brief behavioral health intervention in integrated primary care clinics*. Poster presented at the 32nd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington, DC.
10. **Kanzler, K. E.**, McGeary, D. & *McCorkindale, A. (2010, November). *Early adjustment to HIV diagnosis in an active duty sample*. Poster presented at the 44th Annual Association for Behavioral and Cognitive Therapies Convention, San Francisco, CA.
11. Bryan, C. J., *Morrow, C. E., & **Kanzler Appolonio, K.** (2008, March). *Effectiveness of the behavioral health consultant model in an integrated primary care clinic: Patient symptom and functional improvement patterns*. Poster presented at the 29th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
12. **Kanzler Appolonio, K.E.**, Hryshko-Mullen, A., Davidson, B. A., & Fingerhut, R. (2007, November). *Differences in disclosure of postpartum depression symptoms between*

anonymous and in-person assessments. Poster presented at the 41st Annual Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.

13. **Kanzler Appolonio, K.**, Fingerhut, R., Hryshko-Mullen, A., O’Hea, E., & McClure, K. (2006, November). *Postpartum depression in a military population.* Poster presented at the 40th Annual Association for Behavioral and Cognitive Therapies Convention, Chicago, IL.
14. O’Hea, E., **Kanzler Appolonio, K.**, Decker, M.L., Robles-Rodriguez, E., Grana, G. (2006, March). *Results from a breast cancer outreach screening program.* Poster presented at the 27th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.
15. O’Hea, E.L., **Kanzler Appolonio, K.**, & Hoyt, E. (2005, April). *Perceived health locus of control and perceived disease severity in individuals with Type II diabetes.* Poster presented at the 26th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Boston, MA.

Panels and Workshops

1. Goodie, J., Hunter, C. & Funderburk, J. (April, 2018). *Integrated Primary Care SIG Presents: Preparing the next generation of integrated primary care professionals: Essential clinical & team-based care skills.* **Chairs: Kanzler, K.** & Funderburk, J. 6-hour workshop presented at the 39th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA (Continuing education activity).
2. Davis, N., Fahey, J., George, D., Manson, L., & Salazar, V. (April, 2018). *Integrated Primary Care SIG Presents: Preparing the next generation of integrated primary care professionals: Implementing and managing a Primary Care Behavioral Health Service.* Chairs: Funderburk, J. **Kanzler, K.** 2.5-hour workshop presented at the 39th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA (Continuing education activity).
3. Landoll, R., Goodie, J., **Kanzler, K.E.**, Kearney, K., (Nov, 2017). *Practical Skills for Practicing in Integrated Primary Care Settings.* 3-hour workshop presented as a pre-conference training at the 51st annual Association of Behavioral and Cognitive Therapies Convention, San Diego, CA. (Continuing education activity)
4. **Kanzler, K.E.**, Robinson, P., Munante, M. (Oct 2017). *Testing a Unique Clinical Pathway: Acceptance and Commitment Therapy for Chronic Pain in an Integrated Primary Care Setting.* Panel discussion presented at the 19th annual Collaborative Family Healthcare Association conference, Houston, TX.
5. **Kanzler, K.E.** (Moderator; 2016, April). *Breakfast Roundtable: Integrated Primary Care and Student SIGs Present: Student and postdoc matched Mentoring Session for Careers in Primary Care.* Activity facilitated at the 37th Annual Meeting & Scientific Sessions of the Society for Behavioral Medicine, Washington, DC (8 pre- and post-doctoral clinical psychology students).
6. **Kanzler, K.E.** (Co-Chair), Huberty, J. (Co-Chair), Campbell, K., Leiferman, J. & Simmons, L. (2016, April). *Midday Meeting: Integrated Primary Care and Women’s Health SIGs Present: From the Exam Room to the Delivery Room: Maternal Health in an Integrated Behavioral Health Setting.* Panel presented at the 37th Annual Meeting & Scientific Sessions of the Society for Behavioral Medicine, Washington, DC.
7. **Kanzler, K.E.** & Munante, M. (2015, October). *Integrated Behavioral Healthcare Challenges: Translating Department of Defense Practices into Civilian Patient Centered Medical Homes.* Discussion group led for the Collaborative Family Healthcare Association 17th Annual Conference, Portland, OR.

8. Sacks, M., **Kanzler, K.E.**, Riggs, D., Rowan, A. & Bryan, C.J. (2012, November). *Outreach, prevention, assessment and intervention in military settings*. Panel presented at the 46th Association for Behavioral and Cognitive Therapies Annual Convention, National Harbor, MD. (Continuing education activity).
9. Bryan, C.J. (Chair), **Kanzler K.E. (Co-chair)**, Monson, C., Morrow, C. E., Etienne, N., Rudd, D., et al. (2012, November). *The role of guilt and shame in suicide risk*. Panel presented at the 46th Annual Association for Behavioral and Cognitive Therapies Annual Convention, National Harbor, MD. (Continuing education activity).
10. **Kanzler, K.E.** & Bryan, C. J. (2012, June). *Managing suicide risk in the deployed setting: Critical information for clinicians and commanders*. Breakout session presented at the 2012 DoD/VA Suicide Prevention Conference, Washington, DC. (Continuing education activity).
11. Bryan, C.J., Morrow, C.E., & **Kanzler, K. E.** (2010, April). *The Relationship between physical health complaints and suicidality among chronic pain patients*. Panel discussion presented at the 31st Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Seattle, WA. (Continuing education activity).

Regional/Community

Peer-reviewed research presentations – Platform (symposia, papers)

1. **Kanzler, K.E.**, Serna, B., Escareño, J., Hernández, L., & Romero, R. (Nov, 2025). *Bridging Research and Community to Prevent Diabetes: The Community Health Worker Translational Advisory Board (TAB) in Action*. Platform presentation at the UT Health San Antonio's annual IIMS Community Engagement Symposium, San Antonio, TX.
2. **Kanzler, K.E.** (2016, May). *Research & Collaboration with the PCBH Model in* **Kanzler, K.E.** (Moderator), Ogbeide, S., Najera, E., Kearney, L., *The Primary Care Behavioral Health Model: Transforming Health Care for Civilian, Military & Veteran Patients in Bexar County and Beyond*. Symposium presented at the San Antonio Military Health System and Universities Research Forum (SURF), San Antonio, TX (1.5 CME).
3. **Kanzler, K.E.** (1999, April). *The relationship between birth order and leadership style*. Paper presented at semi-annual meeting of the Virginia Psychological Association, Virginia Beach, VA.

Peer-reviewed research presentations – Posters

1. de la Rosa, E., Winkler, P., Gomez, A., Flores, B., Hernandez, L., Elwin, S., Escarano, J., Lopez, V., Kneuper, A, Flores, M., Romero, R., **Kanzler, K.E.**, & The Community Health Worker Translational Advisory Board (TAB). *Assessing Pre-Diabetes Knowledge & Perceived Needs: A Mixed Methods CBPR Study of the CHW Translational Advisory Board*. Poster presented at the Texas Regional CTSA Consortium, Houston, TX.
2. **Kanzler, K.E.**, Winkler, P., Gomez, A., Flores, B., Hernandez, L.V., Lopez, V. & Romero, R. (2022, November 7). *Assessing Pre-Diabetes Knowledge and Needs: A Study of the CHW Translational Advisory Board* [Oral Poster presentation]. UT Health San Antonio's 2022 IIMS Community Engagement Symposium (Virtual).
3. *Strobelt, C.J., Ortiz, V., Romero, R., *Gonzalez, I., Marshall, V., Hooper, S., Johnson-Esparza, Y., **Kanzler, K.E.** (May, 2022). *Are psychological or self-care factors more strongly related to glycemic control in Spanish-speaking Latino patients with Type 2 Diabetes Mellitus?* Poster

presented at the Department of Psychiatry and Behavioral Science 10th Annual Research and Quality Improvement Day, San Antonio, TX (Virtual).

4. *Gonzalez, I., Ortiz, V., Romero, R., *Strobelt, C.J., Marshall, V., Hooper, S., Johnson-Esparza, Y., **Kanzler, K.E.** (May, 2022). *The association between relationship status and self-management activities in Spanish-Speaking Latino patients with T2DM*. Poster presented at the Department of Psychiatry and Behavioral Science 10th Annual Research and Quality Improvement Day, San Antonio, TX (Virtual).
5. **Kanzler, K.E.**, Flores, B. Gomez, A., Reynero, E., Hernandez, L.V., Romero, R., *Tran, M., & Winkler, P. (2020, November 7). *Partnering with community health workers and promotor/as to address type 2 diabetes: A virtual translational advisory board* [Oral Poster presentation]. UT Health San Antonio's 2020 IIMS Community Engagement Symposium (Virtual).
<https://iims.uthscsa.edu/community/symposium.html>
6. **Kanzler, K.E.** (2016, June). Whole person orientation: Integration of behavioral health in primary care practices. In: **Kanzler, K. E.**, Tripathy, C., Muhammed, A., Davidson, D., & McFarlin, L., *Our Journey Toward Transformation: Challenges and Opportunities for Patient-Centered Practices*. Session presented at the 4th Annual Texas Primary Care and Health Home Summit, Houston, TX (Continuing education activity).
7. **Kanzler, K.E.** (2016, March). *Special Patient Populations: Specialty Care Refusals and Off-Site Consultations*. In Ogbeide, S. (Chair), Kanzler, K. E., Landoll, R., & Reiter, J., *Striking a Balance: Flexibility & Fidelity with the PCBH Model*. Session presented at the 2016 Annual Conference on Integrated Healthcare: Healthcare Quality: Improving Clinical & Management Outcomes, sponsored by Arizona State University's Doctor of Behavioral Health Program, Chandler, AZ. (Continuing education activity)

TEACHING INFORMATION

Educational Leadership Roles

09/2011 – 01/2025

Chief, Clinical Health Psychology (CHP) Rotation
Malcolm Grow Medical Center, Joint Base Andrews

Details: Developed and coordinated training schedule for 6-month CHP rotation in APA-accredited internship (residency). Created and implemented training guidelines, didactic schedule, and rotation manuals. Provided weekly individual group supervision; served as a behavioral health consultant mentor/supervisor for psychology residents during integrated primary care rotation in Family Health Center.

Didactic Teaching

4/2016 – present

Clinical Psychology Residency Didactics Series
UT Health San Antonio
Hours: 1-2 hours each for 3-4 annual didactics

Details: As a faculty member in the UT Health San Antonio Clinical Psychology Doctoral Residency Training Program Internship, taught 3-4 didactics and mini-workshops annually to Behavioral Medicine Track residents (4 residents) and/or the full residency class (11 residents). Each didactic training involves planning content and delivering 1-2 hours of lecture or workshop per topic area. Didactic topics include Grant-writing for Career Development Awards, Conducting Research in

Integrated Primary Care Settings, the Primary Care Behavioral Health (PCBH) Model, Theory and application of Acceptance & Commitment Therapy (special mini-workshop). As an adjunct faculty (since June 2022), continue teaching Acceptance & Commitment Therapy and managing chronic pain in primary care.

12/2015 – present PGY 1, 2, 3 Family Medicine Conference
UT Health San Antonio
Hours: 1-3 hours each for 2 annual didactics

Details: As a member of the UT Health San Antonio Family Medicine Residency Program faculty, I taught curricula in the Behavioral Science Education blocks and Research hour. Each didactic training involves planning content and delivering 1-2 hours of lecture or workshop per topic area for ~20 residents. Didactic topics include Data Visualization in Research, Behavioral Management of Diabetes, Peripartum Depression, Obesity Management, Behavioral Sleep Medicine, Brief Behavioral Interventions for Primary Care Clinicians, Managing Suicide Risk, and the Primary Care Behavioral Health (PCBH) Model. As an adjunct faculty member, continue to be an annually invited lecturer on several of these topics.

4/2015 – 5/2016 Psychopharmacology & Behavior Modification Lecture Series
UT Medicine
Hours: 1 hour per month

Details: Provided monthly hour-long trainings with integrated clinical pharmacist for primary care clinicians (~8 interdisciplinary Family and Community Medicine faculty). Topics were on behavioral management of presenting complaints, including: ADHD, Chronic Pain, Insomnia, Erectile Dysfunction, Female Sexual Dysfunction, Suicide Prevention, and Weight Management.

9/2011 – 1/2015 Clinical Psychology Residency (CHP) Didactics Series
Malcolm Grow Medical Clinics & Surgery Center
Hours: 1-2 hours, 2-5x a month

Details: As a faculty member in the 6-resident clinical psychology doctoral internship, I delivered lectures on topics related to biopsychosocial conceptualization and treatment. These lectures included consultation responses and clinical documentation; ethics; presurgical bariatric/metabolic evaluations; diversity in CHP; mindfulness; relaxation training; adjunctive biofeedback; cancer; chronic pain; gastrointestinal disorders; temporomandibular disorders; Complex Regional Pain Syndrome & fibromyalgia; and COPD/asthma; managing suicide risk; understanding women's health/women in the military; using ACT); preventing professional burnout; and conducting case studies/single-subject research design.

11/2011 – 5/2013 Department-level Mental Health Trainings
Malcolm Grow Medical Center and Surgery Clinics
Hours: 1-3 hours (annual)

Details: Taught annual deployment readiness trainings on mental health topics for my "department"—the 779th Mental Health Flight, Joint Base Andrews, MD (included 55-103 mental

health professionals, paraprofessionals, residents and students). Topics included Managing Grief, Suicide Prevention, and Consultation with Commanders.

1/2014 Stress Management Training
391st Mental Health Flight, Incirlik Air Base, Turkey
Hours: 90 minutes

Details: Clinical training on coping skills, “Too busy to sleep, too tired to relax” presented during a temporary assignment at the 39th Mental Health Flight (clinic), Incirlik Air Base, Turkey (4 mental health clinicians, licensed drug & alcohol counselors and technicians).

10/2012 Motivational Interviewing workshop
779th Mental Health Flight, Malcolm Grow Medical Clinics & Surgery
Center
Hours: 1.5 day

Details: Co-taught workshop on Motivational Interviewing for ~40 military mental health professionals, including psychology, social work, nurse practitioner residents, technicians and faculty members. Co-taught with Sue Scheddel, LCSW.

9/2007 – 9/2011 Clinical Psychology Residency Didactics Series
Wilford Hall Medical Center, Lackland AFB, TX
Hours: 4hrs/month

Details: Group instruction for ~38 residents. As a faculty member in the 12-resident clinical psychology doctoral internship, I delivered lectures 2-6x/month on topics related to biopsychosocial conceptualization and treatment. Trainings included: clinical health psychology assessment; adjunctive biofeedback; ethics and multiculturalism in clinical health psychology; spirituality and health; imagery rehearsal therapy for nightmares; cardiovascular disease; cancer; chronic pain; complex regional pain syndrome/fibromyalgia; diabetes; gastrointestinal disorders; headaches; temporomandibular disorders; sleep disorders; COPD/asthma; tobacco use; weight management; deploying as a new psychologist; case conceptualization and treatment planning; compassion fatigue.

5/2011 Deployment Readiness Training
59th Mental Health Squadron, Wilford Hall Medical Center
Hours: 1 hour

Details: Provided deployment readiness training, “Grief and Homesickness” for the 59th Mental Health Squadron, Wilford Hall Medical Center, Lackland AFB, TX. Attendees included 80 mental health clinicians, paraprofessionals, clinical psychology residents and UT Health San Antonio psychiatry residents.

Non-didactic Teaching

Resident Training

09/2018 – 05/2022

Supervisor, UT Health San Antonio, 15 Family Medicine residents; 8hrs/month

Details: Secondary supervisor for Family Medicine Residents on Behavioral Health rotations at UT Health San Antonio, Family Health Center.

9/2019 – 4/2021

Supervisor, UT Health San Antonio, 4 PA students; 4hrs/wk

Details: Individual supervision. Secondary supervisor for Physician Assistant students on their UT Health San Antonio Psychiatry rotation at the Family Health Center.

7/2018 – present

Clinical supervisor, UT Health San Antonio, 7 clinical psychology residents; 4hrs/month

Details: Secondary clinical supervisor for doctoral interns in their Family Health Center Primary Care Behavioral Health rotation in the APA-accredited doctoral internship (residency) at UT Health San Antonio.

7/2015 – 6/2016

Clinical supervisor, UT Health San Antonio, 2 clinical psychology residents; 1hr/wk

Details: Primary clinical supervisor for a doctoral intern in the Psychiatry Department's ADVANCE Psychotherapy clinic in the Cognitive and Behavioral Therapy Track of the APA-accredited doctoral internship (residency) at UT Health San Antonio.

9/2011 – 1/2015

Clinical supervisor - individual, Malcolm Grow Medical Clinics and Surgery Center, 16 clinical psychology residents; 2hrs/wk

Details: Primary clinical supervisor for a doctoral intern during through their Clinical Health Psychology (CHP) rotation, Behavioral Health Consultation/Integrated Primary care mini-rotation in Family Health Clinic, and/or for their "long term" yearly patients the Malcolm Grow Medical Center's APA-accredited doctoral internship (residency).

9/2011 – 1/2015

Clinical supervisor - group, Malcolm Grow Medical Clinic and Surgery Center, 24 clinical psychology residents; 1hr/wk

Details: Developed and coordinated training schedule for 6-month CHP residency rotation. Provided weekly individual and group supervision to all doctoral clinical psychology residents throughout rotation in Clinical Health Psychology at Malcolm Grow Medical Center's APA-accredited doctoral internship (residency). Also trained and supervised psychology residents during their integrated behavioral health in primary care mini-rotation in the Family Health Clinic.

9/2008 – 9/2011

Clinical supervisor - individual, Wilford Hall Medical Center, 15 clinical psychology residents; 2hrs/wk

Details: Primary individual clinical supervisor for doctoral interns in Wilford Hall Medical Center's APA-accredited doctoral internship (residency) on Clinical Health Psychology and Mental Health rotations.

9/2007 – 9/2011

Clinical supervisor - group, Wilford Hall Medical Center, 39 students; 1hr/wk

Details: Provided weekly group supervision to all doctoral clinical psychology residents throughout their rotations in Clinical Health Psychology at Wilford Hall Medical Center's APA-accredited doctoral internship (residency).

Research Faculty Training/Mentoring

10/2025 – 9/30/2027

Content Area Mentor, Career Development Award (CDA), Michael E. DeBakey VA Medical Center, 1 Faculty Member

Time Spent: ~2hrs/mo

Details: Serve as a content area research mentor on VA/RR&D (CDA-1) project, "Exploring Virtual Reality Mindfulness Training for Veterans with SCI and Chronic Pain." Provide guidance and mentorship in conducting this project, specifically focusing on program adaptation efforts and research methods. **Faculty mentee/PI:** Hilary Touchett, PhD, RN, CRRN, CBIS

Research Fellow Training/Mentoring

07/2024 – 06/2025

Primary Research Mentor, Endocrinology, Diabetes and Metabolism Fellowship, Department of Medicine, Baylor College of Medicine & Michael E. DeBakey VA Medical Center, 1 Fellow

Time Spent: ~3hrs/wk

Details: Serve as primary research mentor for the second year of fellowship training in the BCM Endocrinology fellowship. Provide guidance and mentorship in developing a research project, weekly supervision and consultation, relevant training, and evaluation. **Fellow:** Oluwatomi Oluwagbemisola Asemota, MD, MPH

09/2022 – 06/2024

Secondary Mentor, Center for Innovations in Quality, Effectiveness & Safety (IQeSt), Baylor College of Medicine & Michael E. DeBakey VA Medical Center, 1 Fellow

Time Spent: ~2hrs/mo

Details: Serve on mentoring team for IQeSt health services research fellow. (Primary mentor: L. Dindo). Provide monthly supervision, relevant training and evaluation. **Fellow:** Mackenzie Shanahan, PhD

10/2021 – 04/2023

Supervisor, UT Health San Antonio, 1 Fellow

Time Spent: ~2hrs/mo

Details: Secondary supervisor for research fellow on DoD-funded project, *Targeting Chronic Pain in Primary Care Settings Using Internal Behavioral Health Consultants* (PI: Goodie & D. McGeary). Provide monthly supervision, relevant training and evaluation. **Fellow:** James Walker, PhD.

Graduate Student Training

11/2025- present

Dissertation Committee Member, PhD program in Medical Psychology, Uniformed Services University of the Health Sciences, Bethesda, MD; 2hrs/mo

Details: Serve as committee member for 1 Lt Fredericka Chaire's Dissertation, "Exploring How Warrior Identity May Serve as a Barrier or Protective Factor for Veterans with Chronic Pain."

7/2015 – 6/2020

Mentor, UT Health San Antonio, 5 clinical psychology residents; 1hr/wk

Details: Year-long mentor (Preceptor) for doctoral interns participating in the Cognitive and Behavioral Therapy Track of the APA-accredited doctoral internship (residency) at UT Health San Antonio. Provided guidance throughout training year, including dissertation support and preparation for postdoctoral interviews. Mentees:

Rachel Martin-Davis, PhD (2015-2016) – Associate Professor, UMass Medical School

Hannah Weisman, PhD (2016-2017) – VP at Sesh (online psychotherapy provider)

Carl Waitz, PsyD (2017-2018) – Attending Psychologist, Boston Children's Hospital & Instructor, Harvard Medical School

Brittany Houston, PsyD (2018-2019) – Assistant Professor, University of Texas at Austin

Judy Mier-Chairez, PhD (2019-2020) – Director, OCD & Anxiety Treatment Center, Nashville, TN

9/2011 – 1/2015

Mentor, Malcolm Grow Medical Clinics and Surgery Center, 3 clinical psychology residents; 1hr/wk

Details: Primary mentor and clinical supervisor for doctoral clinical psychology residents (interns) in Malcolm Grow's APA-accredited doctoral internship (residency). Met weekly and provided guidance throughout training year, including dissertation support and preparation for postdoctoral assignment. Mentees:

Michael Ann Glotfelter, PsyD (2011-2012) – Active Duty Clinical Health Psychologist, Lt Col, USAF

Tim Ralson, PhD (2012-2013) – Active Duty Clinical Psychologist, Lt Col, USAF

Danielle Giles (formerly Schuster), PsyD (2013-2014) – Active Duty Neuropsychologist, Lt Col, USAF

9/2008 – 09/2011

Mentor, Wilford Hall Medical Center, 2 clinical psychology residents; 1hr/wk

Details: Primary mentor and clinical supervisor for a doctoral clinical psychology resident in Wilford Hall Medical Center's APA-accredited doctoral internship. Met weekly and provided guidance throughout training year, including dissertation support and preparation for postdoctoral assignment. Mentees:

Sabera Sobhan-Mosley, PhD (2008-2009) – Instructor, George Washington University
Joanna Ho, PsyD (2010-2011) - Active Duty Clinical Operational Psychologist, Maj, USAF

Medical Student Training

1/2020 – 2/2020

Clinical Supervisor, UT Health San Antonio, 1 student

Details: Individual supervision. Secondary supervisor for UT Health San Antonio 4th-year medical student on elective 4-week Psychiatry rotation at the Family Health Center.

Paraprofessional Health Worker Training

01/2026 – present

Supervisor, Baylor College of Medicine & Henry M. Jackson Foundation for the Advancement of Military Medicine (HJF), 1 Health Coach/Community Health Worker

Details: Provide ongoing training, supervision, and weekly consultation for health coach/Community Health Worker employed by HJF, in delivering Acceptance and Commitment Therapy-based program for military beneficiaries with unmanaged type 2 diabetes. Conducted as part of American Diabetes Association-funded SALUD-M study (see Research section, p.7)

03/2024 – 06/2025

Supervisor, Baylor College of Medicine & UT Health San Antonio, 8 Community Health Workers

Details: Provided training, supervision, and weekly consultation for 8 Community Health Workers delivering Acceptance and Commitment Therapy-based program for Hispanic/Latino patients with unmanaged type 2 diabetes in community primary care clinic. Conducted as part of NIDDK/NIH-funded ABaCo study (see Research section, p. 8)

Other Mentoring

5/2016 – 06/2022

Peer Mentor, UT Health San Antonio, 21 Mentees

Details: Provide peer mentorship in bi-weekly peer mentoring program, Scholars Preparing Aims for R and K awards (SPARK), in UT Health San Antonio's Mentored Research Career Development (KL2) Program in Clinical and Translational Science program. Junior faculty peers in clinical and translational science present and review grant proposals and papers prior to submission. Peers are from diverse disciplines and professional backgrounds, including Communication Sciences, Dermatology, Family Medicine, Internal Medicine, Neonatology, Nursing, OB/GYN, Oncology, Transplant Surgery, and Plastic Surgery.

9/2016 – 6/2020

Faculty Mentor, UT Health San Antonio, 2 Mentees

Details: Served as faculty evaluator and mentor for clinical psychologist faculty in the Department of Psychiatry & Behavioral Sciences, Division of Behavioral Medicine.

Eliot Lopez, PhD (2016-2020) – Assistant Professor, UT Health San Antonio

Dhiya Shaw, PsyD (2018-2019) - Clinical Psychologist, South Texas VA Healthcare System

2/2015 – 9/2018

Mentor, American Board of Clinical Health Psychology, 2 mentees

Details: As a board-certified clinical health psychologist, I mentored candidates who did not pass their exam on the first round. This intensive support resulted in candidates successfully passing on their second exam. (Names are confidential)

Invited Lectures and Presentations

National

1. Ogbeide, S. & **Kanzler, K.E.** (Oct 2020). Patient preference for PCBH in low- and high-resource clinics. Presented in Winford, E (Moderator), Bridges, A., Sasano, M., O'Connell, A., Ogbeide, O., Kanzler, K., D'Amico, E., *New and Emerging PCBH Research, Part III: Maximizing Our Reach*, at the Primary Care Behavioral Health (PCBH) Community Forum II at the 22nd Annual Collaborative Family Healthcare Association Annual Meeting, virtual location due to COVID-19 pandemic (Continuing Education Activity; 21 attendees).
2. Vogel, M., **Kanzler, K.E.**, Goodie, J., & Aikens, J. (2019, Sept). *Integration of behavioral health and primary care: current knowledge and future directions*. Invited speaker, 30-minute webinar reviewing co-authored journal article for National Primary Care Behavioral Health Special Interest Group of the Collaborative Family Healthcare Association (~20 attendees).
3. **Kanzler, K.E.** & Robinson, P. (2017, July). *Tackling persistent pain in primary care: Early stages of a pilot study using Acceptance & Commitment Therapy*. One-hour webinar presented for the National Collaborative Family Healthcare Association Monthly Webinar Series (48 healthcare professional and student attendees; Continuing Education activity). Invited
4. **Kanzler, K.E.** (2015, September). *Acceptance & Commitment Therapy (ACT) for Chronic Pain*. Two half-day workshops provided at the 5th Annual Pain Care Skills Training for the Walter Reed National Military Medical Center, Bethesda, MD (40 healthcare professionals, including MDs, FNP, RNs and IBHCs; Continuing Education activity).
5. **Kanzler, K.E.** (2014, November). *Using Acceptance & Commitment Therapy (ACT) and mindfulness strategies in primary care*. Presented a 90-minute webinar training for the DoD IBHC TriService Sustainment Lecture Series (160 Internal Behavioral Health Consultants, including doctoral clinical psychology interns, clinical health psychology postdoctoral fellows, LCSWs & psychologists; Continuing Education activity).
6. **Kanzler, K.E.** (Sept, 2014). *Managing Posttraumatic Stress Disorder in Integrated Primary Care*. 30-minute presentation via in-person and webinar for the Defense Centers of Excellence for Psychological Health Annual Psychological Health and Resilience Summit, Falls Church, VA (~100 multi-disciplinary professionals).

Regional

1. **Kanzler, K. E.** (2026, May). *Supporting Access for Latino Underserved in Diabetes Management (SALUD-M)*. Featured speaker for the American Diabetes Association's South Central Texas Community Leadership Board Relaunch, Houston, TX (~25 community member attendees).
2. **Kanzler, K. E.** (2026, Apr). *Acceptance Coping: A Surprisingly Powerful Factor in Diabetes Care*. Invited presentation delivered for the Appalachian Mountain Family Medicine Behavioral Health ECHO (~40 attendees, including medical, psychology, and nursing learners and professionals; virtual presentation).
3. **Kanzler, K.E.**, (2025, Jul). *Focused ACT for Chronic Pain*. One-hour presentation for students in the Doctor of Psychology program at Our Lady of the Lake University, San Antonio, TX (14 doctoral students; virtual presentation).
4. **Kanzler, K.E.** (2025, Apr). *Intervention Development and Adaptation*. Presented to the IQuEST Fellows Seminar Series at Baylor College of Medicine/Michael E. DeBakey VA Medical Center, Houston, TX (6 fellows and 2 faculty members; virtual presentation).
5. Fletcher, T., Hundt, N., **Kanzler, K.E.**, Kaul, B., Meyer, A.N.D., Nowakowski, S., Zimolzak, A. (2024, Aug). *Funding Mechanisms: Beyond IIRs and R01s...* Invited presenter and panelist, Grand Rounds at the Center for Innovations, Quality and Effectiveness (IQuEST) at Baylor College of Medicine/Michael E. DeBakey VA Medical Center, Houston, TX (approximately 50 faculty and postdoctoral fellows).
6. **Kanzler, K.E.** (2024, May). *Values-Based Goal Setting: The ACT Bullseye*. 90-minute skills training workshop presented for the University of Houston's Community Health Workers' Spring Learning Series (~30 CHWs; virtual presentation).
7. **Kanzler, K.E.** (2023, Dec). *Focused Acceptance and Commitment Therapy for Chronic Pain*. 90-minute training presented to active duty US Air Force officers in the Clinical Psychology Internship Program at Wilford Hall Ambulatory and Surgical Centers, Lackland AFB, TX (7 doctoral psychology interns, 1 faculty member, and 4 Baylor College of Medicine guests; virtual presentation).
8. **Kanzler, K.E.** (2023, Nov). *Development of Acceptance Based Coping (ABaCo) for Diabetes: A Community Health Worker-Delivered Program*. Presented Endocrine Grand Rounds at Baylor College of Medicine, Houston, TX (approximately 30 Faculty, students, postdoctoral fellows; virtual presentation).
9. **Kanzler, K.E.**, (2023, Jul). *Focused ACT for Chronic Pain*. One-hour presentation for students in the Doctor of Psychology program at Our Lady of the Lake University, San Antonio, TX (11 doctoral students; virtual presentation).
10. **Kanzler, K.E.** (2022, May). *Self-Compassion & Self-Care*. Presented in the University of the Incarnate Word School of Nursing & the South Central AHEC's Continuing Education Series (~30 faculty & students; Continuing Education Activity; virtual presentation).
11. **Kanzler, K.E.** (2022, Feb). *Practical Stress Management Skills for Thriving as a Researcher*. Speaker in the UT Health San Antonio School of Health Professions Annual Research Retreat (45 faculty; virtual presentation).
12. **Kanzler, K.E.** (2021, Oct). *Increasing Access to Evidence-Based Behavioral Treatments for People with Chronic Diseases*. Presented at the Grand Rounds at the Center for Innovations,

Quality and Effectiveness (IQuEST) at Baylor College of Medicine/Michael E. DeBakey VA Medical Center Grand Rounds, Houston, TX (approximately 60 Faculty, postdoctoral fellows and community partners; virtual presentation).

13. Houston, B., **Kanzler, K.E.**, Reiter, J., Winford, E., Young, A. (2021, Apr). *Primary Care Behavioral Health Expert Panel*. Guest lecture, one-hour panel presentation for students in the Doctor of Psychology program at Our Lady of the Lake University, San Antonio, TX (12 doctoral students; virtual presentation).
14. **Kanzler, K.E.** (2021, Feb). *Tackling Burnout: Simple Tools for Thriving in Difficult Times*. 30-minute presentation for nursing professionals and students with University of Incarnate Word (UIW) School of Nursing CARES team and the South Coastal/Souths Central Area Health Education Centers (AHECs) through the UIW Texas CARES Project (Continuing Education Activity; approximately 30 attendees; virtual presentation).
15. **Kanzler, K.E.** (2020, Aug). *Got Stress?? Practical Skills for Thriving During Challenging Times*. 30-minute presentation for the South Texas AHEC All Scholars Virtual Workshop (30 scholars; 9 professionals; virtual presentation).
16. **Kanzler, K.E.** (2019, Oct). *Acceptance & Commitment Therapy for Patients with Chronic Pain*. Guest lecture, 30-minute training delivered for clinical psychology doctoral graduate students at East Tennessee State University (2 students, 1 faculty; virtual presentation).
17. **Kanzler, K.E.** (2019, Jun). *Managing Difficult People*. 45-minute training from a Motivational Interviewing perspective provided for clinical staff at UT Health San Antonio's *Medical Arts and Research Center* (18 staff and 2 clinicians).
18. Potter, J.S. & **Kanzler, K.E.** (2019, May). *ACT Now: An Introduction to Acceptance Commitment Therapy in Primary Care Settings*. 8-hour workshop presented for the Southern New Hampshire Area Health Education Center (16 multi-disciplinary professionals; Continuing Education Activity).
19. **Kanzler, K.E.** (2018, Jun). *Less Reacting, More Responding: Mindfulness-Based Strategies for an Effective Life*. One-hour training for the Scholars Optimizing Achievement in Research (SOAR) lecture series for the *UT Health San Antonio KL2 program* (6 faculty members).
20. Houston, B., Shah, D., Lopez, E., Nicolas, M., & **Kanzler, K.E.** (2019, Jun). *Integrated Primary Care Panel*. Guest lecture, one-hour panel presentation for students in the Doctor of Psychology program at Our Lady of the Lake University, San Antonio, TX (15 doctoral students).
21. **Kanzler, K.E.** (2018, Jul). *Addressing Chronic Pain in Integrated Primary Care Settings*. Guest lecture, one-hour presentation for students in the Clinical Mental Health Counseling (M.S.) program at University of Texas San Antonio, San Antonio, TX. (20 graduate students).
22. **Kanzler, K.E.** (2018, Jul). *Acceptance & Commitment Therapy (ACT): Basics of Theory and Application*. Guest lecture, two hour mini-workshop training provided for the Wilford Hall Ambulatory Surgical Center's clinical psychology didactic series (9 clinical psychology doctoral residents).
23. **Kanzler, K.E.** (2017, Apr). *Acceptance & Commitment Therapy (ACT): Basics of Theory and Application*. Guest lecture, three and a half-hour training provided for the Wilford Hall Ambulatory Surgical Center's clinical psychology didactic series (8 clinical psychology doctoral residents).

24. **Kanzler, K.E.** (Feb, 2017). *Primary Care Behavioral Health and Pregnancy-Related Depression*. Guest lecture, seventy-five-minute didactic for graduate students in the Doctor of Psychology program at Our Lady of the Lake University, San Antonio, TX (13 graduate students).
25. **Kanzler, K.E.** (2016, May). *Data Blitz: An Assortment of Behavioral Medicine Projects*. Presented at the faculty data blitz in the 2016 *Annual Department of Psychiatry Resident Research and Quality Improvement Day*, UT Health Science Center, San Antonio, TX (20 Psychiatry residents, 9 doctoral clinical psychology interns, Clinical Psychology and Psychiatry faculty members).
26. **Kanzler, K.E.** (2016, Jan). *Stress Management*. 25-min training on managing work-related stress and handling conflict to 20 clinicians and staff at Medical Drive Primary Care Clinic, San Antonio, TX.
27. **Kanzler, K.E.** (2015, December). *Acceptance & Commitment Therapy (ACT): Brief Methods*. Guest lecture, three-hour guest lecture training provided for the Wilford Hall Ambulatory Surgical Center's clinical psychology didactic series (10 clinical psychology doctoral residents; 1 clinical health psychology fellow; 3 clinical health psychologists).
28. **Kanzler, K.E.** (2014, October & 2013, September). *Cultural competence with military personnel*. Guest lecture, two-hour didactic presentation for the VA Maryland Healthcare System (VAMHCS)/University of Maryland (UMB) Psychology Internship Consortium, Baltimore, MD (35 doctoral psychology interns).
29. Yarvis, J., Duesterhaus, M. & **Kanzler, K.E.** (2013, Feb, Apr, Sep). *Deployed provider panel*. Three 2-hour panel presentations at the *Topics in Deployment Psychology Conference*, The Center For Deployment Psychology, Bethesda, MD (103 clinical psychology and clinical social work interns, fellows, and mental health providers).
30. **Kanzler, K.E.** (2013, June). *Acceptance and Commitment Therapy: A primer*. Guest lecture, two-hour tele-presentation for Wright-Patterson Medical Clinic's Psychology Residency, Dayton, OH (6 clinical psychology residents).
31. **Kanzler, K.E.** (2012, Nov). *Deploying as a psychologist*. 1-hour lecture presented for the professional staff members at The Center For Deployment Psychology, Bethesda, MD.
32. **Kanzler, K.E.** (2010, May). *Burnout, compassion fatigue, impairment, vicarious traumatization and other unpleasanties you may face as a psychologist*. Guest lecture, one-hour videoconference didactic presentation for University of Texas Health Sciences Center San Antonio's STRONGSTAR postdoctoral fellows and staff members, San Antonio, TX (2 fellows).
33. **Kanzler, K.E.** (2010, October) and Bryan, C. J. & **Kanzler, K.E.** (2009, January). *Redesigning mental health care: The Primary Care Behavioral Health Model*. Guest lecture, two one-hour video teleconference guest lecture for VA Maryland Healthcare System (VAMHCS) for the VAMHCS/UMB Psychology Internship Consortium, Baltimore, MD (32 interns & fellows).
34. **Kanzler, K.E.** (2010, September). *Pregnancy-related depression*. Guest lecture, one-hour didactic presentation in the Maternal Fetal Medicine Lecture Series, Wilford Hall Medical Center, Lackland AFB, TX (6 OB/GYN residents).
35. **Kanzler, K.E.** (2010, February). *Behavioral treatment of temporomandibular disorders*. Guest lecture, one-hour didactic training presented at the joint-service Dental Orofacial Pain Course, Wilford Hall Medical Center, Lackland AFB, TX (14 Dentists).

36. Hryshko-Mullen, A.S. & **Kanzler Appolonio, K.** (2008, April). *Integrative model for the management of pregnancy-related depression*. 45-minute presentation for Psychiatry Grand Rounds, UT Health San Antonio, San Antonio, TX (25 Residents and faculty).
37. Morrow, C., **Kanzler Appolonio, K.** Hryshko-Mullen, A.S., (2008, April). Psychological disorders affecting sleep. Invited guest lecture, one-hour presentation for the Joint-Service Sleep Medicine Faculty at Wilford Hall Medical Center, San Antonio, TX (2 Fellows and 4 faculty).

Community

1. **Kanzler, K.E.** (2021, Nov). Presenter, two virtual 90-minute workshops for certified Community Health Workers across Texas, focused on managing stress and improving self-care during the COVID-19 pandemic (~150 participants per workshop; 3 continuing education credits).
2. **Kanzler, K.E.** (2020, Jan). *Mindful Eating*. Invited speaker, 45-minute training for a local Hispanic/Latina faith group at San Martin de Porres Church, San Antonio, TX, sponsored by the South Texas Area Health Education Center (22 community members).
3. **Kanzler, K.E.**, & Kilpela, L.S. (2019, Jan). *Coping with Mindfulness & Spirituality, Living Beyond Cancer A-Z Event*. Training for community members with a connection to cancer (patients, caregivers, supporters), symposium sponsored by UT Health San Antonio Mays MD Anderson Cancer Center, San Antonio, TX (~75 attendees).
4. **Kanzler, K.E.** (2015, Nov). *Women and Behavioral Health*. 20-minute presentation at the 1st Annual Women's Comprehensive Health Conference, sponsored by UT Medicine, San Antonio, TX (~65 attendees).

PATIENT CARE AND CLINICAL CONTRIBUTIONS

Clinical Leadership or Business Development

2/2015 – 9/2018

Director, Integrated Behavioral Health, UT Health Physician Practice Primary Care Center, San Antonio, TX

Details: Oversaw development and implementation of the Primary Care Behavioral Health (PCBH) model of care in the UT Health Physician Practice (formerly, UT Medicine) Primary Care Center. Developed practice manual, schedule templates, productivity benchmarks, and documentation standards. Hired and trained two faculty psychologists and provided ongoing clinical supervision and mentoring. Expanded clinical service capacity by 400% over course of position.

7/2015 – 8/2018

Member, Primary Care Center Senior Working Group, UT Health Physician Practice Primary Care Center, San Antonio, TX

Details: Served on the UT Medicine Senior Working Group for the Primary Care Center. Supported major application effort resulting in NCQA Designation as a Patient Centered Medical Home. Assisted with developing clinical protocols, process improvement projects, patient care initiatives, and coordination of behavioral health services across multiple primary care clinics.

9/2011 – 1/2015

Chief - Clinical Health Psychology, Malcolm Grow Medical Clinics & Surgery Center, JB Andrews, Camp Springs, MD

Details: See p. 2-3.

Patient Care Responsibilities

9/2018 – 06/2022 **Integrated Behavioral Health Consultant**
Clinician (10-20%)

Details: Served as an integrated member of primary care team at the University Hospital Robert B. Green- Downtown Family Health Center. Precepted and trained interdisciplinary learners and provide brief evidence-based assessment and treatment approaches for behavioral health disorders (e.g., anxiety, depression, substance use), medical conditions (e.g., chronic pain, irritable bowel syndrome, diabetes management) and lifestyle factors (e.g., weight management, tobacco cessation, exercise). Provided same-day access to care; provide consultation to physicians (Family Medicine residents and faculty) and mid-level primary care providers.

9/2017 – 5/2019 **Integrated Behavioral Health Consultant**
Research Clinician (10%)

Details: Provided brief integrated behavioral interventions for patients with chronic pain in primary care (UT Health Physician Primary Care Center's Medical Drive Primary Care Clinic). Developed and delivered evidence-based protocol as part of a research study to improve functioning for patients with chronic pain in primary care.

2/2015 – 9/2017 **Integrated Behavioral Health Consultant**
Clinician (50%)

Details: Served as an integrated member of primary care team in the UT Health Physician Primary Care Center's Medical Drive Primary Care Clinic. As a Behavioral Health Consultant, provided all services as listed above. Developed clinical care pathways to address key behavioral health problems in the clinic. Taught clinicians and staff on topics related to behavioral health care.

9/2011 – 1/2015 **Clinical Health Psychologist**
Clinician (50%)

Details: Evaluated and treated patients referred for Clinical Health Psychology (CHP) services, to include pre-surgical evaluations; managing comorbid physical and mental health concerns; coping with physical health problems (e.g., cancer, chronic pain, diabetes), and dealing with lifestyle change issues (e.g., tobacco cessation, weight management).

9/2011 – 1/2015 **Integrated Behavioral Health Consultant**
Clinician (20%)

Details: Served as a Behavioral Health Consultant/Mentor in the Family Health Clinic at JB Andrews. Delivered brief evidence-based assessment and treatment approaches for behavioral health disorders (e.g., anxiety, depression, substance use), medical conditions (e.g., chronic pain, irritable bowel syndrome, diabetes management) and lifestyle factors (e.g., weight management, tobacco cessation, exercise). Provided same-day access to care; provided consultation to physicians and mid-level primary care providers.

9/2007 – 7/2009

Staff Psychologist and Integrated Behavioral Health Consultant
Clinician (80%)

Details: Evaluated and treated patients in the CHP service at Wilford Hall Medical Center; provided assessments and evidence-based psychological treatment to individuals and families. Provided group treatment programs for sleep problems, stress management, and tobacco cessation. Provided behavioral health services as an integrated behavioral health consultant in OB/GYN, outpatient primary care and inpatient clinics.

Contributions to Health and Science Policy

1/2013-1/2015

Consultant, Subject Matter Expert, AF Medical Operations Agency
Psychological Health Research and Program Evaluation Activities

Details: Advised USAF Medical Operations Agency on issues related to psychological health research and program evaluation. My consultation influenced USAF-wide policy development.

2008-2009

Member, Guideline Update Working Group for the *VA/DoD Clinical Practice Guideline for Pregnancy Management*

Details: Provided expert contributions to the 2009 update of the Department of Veterans Affairs & Department of Defense *Clinical Practice Guideline for Pregnancy Management*. My contributions focused on assessment and intervention of mental health in the perinatal and postpartum periods.

SERVICE CONTRIBUTIONS

Scientific Participation

Journal Editorial Boards

Journal Editorial Board Member

2020 – present *Families, Systems & Health*

2015 – 2019 *Journal of Clinical Psychology in Medical Settings*

Ad hoc Peer Reviewer for Journals – Selected Journals

Annals of Behavioral Medicine

Contemporary Clinical Trials

Diabetic Medicine

European Journal of Pain

Families, Systems & Health

Health Education Research

Journal of Clinical Psychology in Medical Settings

Journal of General Internal Medicine

Journal of Occupational Rehabilitation

Journal of Nervous and Mental Disease

Open Research Europe

Physiotherapy Theory and Practice

Professional Psychology: Research and Practice
Psychological Services

Review Panels

Peer Reviewer for National Conferences – National

2026- present	<i>American Diabetes Association</i>
2018 – present	<i>Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine</i>
2010 –present	<i>Association for Behavioral and Cognitive Therapies Annual Convention</i>
2017 – 2021	<i>Collaborative Family Healthcare Association, Research & Education Track</i>
2012	<i>Military Health System Research Symposium</i>

Grant Reviewer – National

2022	Alt Chair/Scientific Reviewer , Department of Defense: Congressionally Directed Medical Research Program
2022	Reviewer , NIH/Nevada INBRE Nevada IDeA Network of Biomedical Research Excellence Developmental Research Project
2021	Scientist Reviewer (ad hoc), US Army: Military Operational Medicine/Army Medical Research & Development Command Broad Agency Announcement (MRDC-BAA MOM)
2016	Scientist Reviewer , Department of Defense: Congressionally Directed Medical Research Programs, Peer-Reviewed Medical Research section, Integrative Medicine Pre-proposals
2011 – 2012	External Reviewer , Department of Defense: DoD/VA Suicide Consortium Military External Advisory Board, grant proposal-reviewing body for the DoD Military Operational Medicine Research Program

Grant Reviewer – Institutional

2020; 2022; 2025	KL2/K12 Mentored Research Career Development Award in Clinical and Translational Science, UT Health San Antonio
2024	MEDVAMC Seed and Bridge Award Program
2022	VA Center for Integrated Healthcare Research Pilot Grant Program
2021	Translational Science Training Program, UT Health San Antonio

Professional Societies

2018 – present	American Diabetes Association
2015 – present	Collaborative Family Healthcare Association - Research and Evaluation Committee - Primary Care Behavioral Health Special Interest Group (SIG)
2014 – present	American Psychological Association (APA)
2012 – present	APA Division 38, Health Psychology
2006; 2012 – present	Association for Contextual and Behavioral Sciences - Diversity, Inclusion & Equity SIG
2005 – present	Society of Behavioral Medicine - Integrated Primary Care SIG - Military & Veteran Health SIG - Health Equity SIG

2004 – present	Association for Behavioral and Cognitive Therapies - Dissemination & Implementation Science SIG
2006 – 2018	Society of Air Force Psychologists

Elected & Nominated Positions

08/2022- present **Member**, Association of Contextual Behavioral Sciences Grants Committee (nominated position)

Details: Serve on the grant-funding committee for the Association of Contextual Behavioral Sciences (ACBS), an international organization. Duties of this appointed position include advising ACBS leadership on funding priorities, developing novel funding opportunities, and making funding decisions for three ACBS pilot grants (General grant; Lower- and Middle-Income Countries grant; Inclusive Science grant).

08/2025 – 07/2028 **Chair**, National Conference Topic Area – Health Disparities, Society of Behavioral Medicine (nominated position)

Details: Serve as Chair for the Health Disparities topic area for the Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. In this appointed 3-year position, responsible for soliciting and coordinating peer reviewers for all the Health Disparity-focused abstract submissions for the national conference; monitor reviews and make final recommendations to the program committee.

06/2025 – 04/2026 **Member**, Large Program Committee, Society of Behavioral Medicine (nominated position)

Details: Served as a member of the Society of Behavioral Medicine’s conference planning committee for the 2026 annual scientific meeting with the theme, “Integrating Scientific Perspectives to Advance Discovery & Innovation.” In this appointed role, work with other committee members to advise the program chair on keynote speakers, master lecturers, and other conference special sessions and events. Nominated by the SBM president-elect to serve.

01/2019 – 12/2021 **Co-Chair**, National Conference Topic Area - Integrated Primary Care (nominated position)

Details: Served as Chair for the Integrated Primary Care topic area for the Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. In this appointed 3-year position, responsible for soliciting and coordinating peer reviewers for all the Integrated Primary Care-focused abstract submissions for the national conference; monitored reviews and made final recommendations to the program committee.

1/2017 – 12/2021 **Officer**, American Board of Clinical Health Psychology (nominated position)

Details: Credentials Reviewer for all applicants nationwide to the American Board of Clinical Health Psychology. Attended meetings, prepare reports, and track projects. Co-authored policies

and procedures for accreditation in the specialty of Clinical Health Psychology. Nominated and competitively selected for this national position.

5/2018 – 12/2019 **Member**, American Psychological Association's Committee on Professional Practice and Standards (nominated position)

Details: Assisted in developing, editing, and reviewing numerous professional practice standards for licensed psychologists in the U.S. Served as co-chair for update to Records and Information Management Guideline. Nominated and competitively selected for this national position.

4/2015 – 4/2018 **Co-Chair**, Integrated Behavioral Health Special Interest Group, Society of Behavioral Medicine; Group Council (elected position)

Details: Co-led this Special Interest Group (SIG) for national organization, Society of Behavioral Medicine. In this role, I oversaw membership initiatives, budgets, numerous national conference activities, and annual business meetings related to integrated primary care. On the SIG council, helped develop and foster scientific activities in specific fields and specialties, and joint interdisciplinary programs and services with other professional organizations, and represented the society's scientific specialties in the international behavioral medicine community. Selected through a national SIG election.

1/2012 – 11/2012 **Co-Chair**, Local Arrangements Committee, Association of Behavioral & Cognitive Therapies (ABCT), National Harbor, MD (nominated position)

Details: Served as Local Arrangements Committee co-chair for national conference. Marketed convention to mental health organizations, universities, and academic medical centers; recruited and managed team of conference volunteers; oversaw large member appreciation celebration; coordinated member engagement activities with board members, convention Program Chair, and ABCT President. Efforts resulted in one of the most well-attended ABCT conventions.

1/2008 – 1/2011 **Secretary**, Society of Air Force Psychologists Leadership Team (elected position)

Details: Served as secretary for the national organization of professional psychologists in the US Air Force. Selected in a national membership election.

Service to the Public/Community

09/16/2020 – present **Academic Partner**, Regional Community Health Worker (CHW) Translational Advisory Board

Details: Assisted in formation of 14-member virtual CHW Translational Advisory Board (TAB) in South and South Coastal Texas focused on type 2 diabetes. Serve as the TAB's first academic research partner. Meet monthly to discuss/ present on topics related to research, type 2 diabetes, health, health equity and community priorities. Collaborate with TAB CHWs on community-based

participatory research projects towards reducing the incidence and severity of diabetes in our communities.

12/3/20 – 3/1/22 **Member**, Bexar County CHW Community-Campus Partnership Committee

Details: Assisted in developing Community Health Worker (CHW) Summit for Bexar County (Led by Dr. Jason Rosenfeld), which grew over time into a standing organization. Assist CHWs, city staff and UTHSCSA faculty with summit content, survey development, and data analysis. Participate as a member of committee focused on improving health equity and CHW workforce through advocacy, education and community based participatory research.

9/7/20 – 3/1/2021 **Member**, STRAC Resilience Working Group

Details: Nominated by department to chair to serve as representative of UT Health San Antonio on sub-working group of the Southwest Texas Regional Advisory Committee (STRAC) Pandemic Medical Operations Working Group. Work with multidisciplinary team from across Bexar County to develop regional resources for improving resilience and preventing burnout in frontline healthcare workers treating patients with COVID-19.

10/2007; 3/2008 **Volunteer**, Women's Health & American Pharmacy Month Health Fairs

Details: Provided information on physical and mental health and wellness resources at base-wide Women's Health Fair at Lackland Air Force Base; sponsored by Wilford Hall Medical Center.

Administrative Assignments and Committees

Administrative Responsibilities

9/2022 – present **Staff Supervisor**, Center for Innovations, Quality and Effectiveness (IQuEST) at Baylor College of Medicine/Michael E. DeBakey VA Medical Center

Details: Responsible for hiring, supervising, and evaluating all activities of full-time Research Coordinator at IQuEST. Coordinate with HR and center Administration; Provide oversight, mentoring and career development opportunities in clinical research for this staff member (Olivia Morris, MPH).

1/2020 – 6/2022 **Staff Supervisor**, UT Health San Antonio, San Antonio, TX, Center for Research to Advance Community Health (ReACH), Department of Psychiatry and Behavioral Sciences, Department of Family and Community Medicine

Details: Responsible for hiring, supervising, and evaluating all activities of full-time Research Area Specialists serving as Research Assistants at the ReACH Center. Coordinate with HR and the ReACH Manager of Finance & Administration; Provide oversight, mentoring and career development opportunities in clinical research for these staff members (Erick Reynero, BS & Vanessa Ortiz, MPH).

9/2013 – 1/2014 **Coordinator**, Human Subjects Protection Program, Malcolm Grow Medical Center, Andrews AFB, MD (Federal and Institutional Service)

Details: Served as Human Research Protection Coordinator for large military treatment facility. Coordinated with several regional IRBs and co-authored local and DoD-level research policies and procedures. Guided clinical psychology residents and multi-disciplinary faculty in developing and executing research protocols and disseminating findings. Mentored residents in understanding military research requirements and ethical research standards. Conducted research related to integrated primary care, chronic pain and suicide risk.

10/2011 – 11/2012 **Co-Lead/Alternate Chief**, Traumatic Stress Response Team, JB Andrews,
8/2008 – 1/2009 MD & JB San Antonio (Lackland), TX

Details: Created and implemented Traumatic Stress Response (Disaster Mental Health) team protocols. Led responses to several traumatic events in base community using evidence informed Psychological First Aid techniques. Delivered briefings and outreach to commanders, first responders, and unit members. Provided continuous support for Lackland's bi-annual air show attended by thousands of civilian and military community members (2008 & 2009).

Committees: Institutional (Standing Committees)

08/2024 – 01/2025 **Member**, Diversity, Equity & Inclusion (DEI) Advisory Group at the Center for Innovations, Quality and Effectiveness (IQuEST) at Baylor College of Medicine/Michael E. DeBakey VA Medical Center and the South Central Mental Illness Research, Education and Clinical Center (SC MIRECC)

Details: Selected to serve in the inaugural IQuEST/SC MIRECC DEI advisory group, which identifies areas for enhancing diversity, equity and inclusion within IQuEST and takes action and provides feedback to leadership and/or recommendations to the SC MIRECC DEI Committee. Note: this committee was disbanded due to federal opposition towards DEI activities.

7/2017 – 04/2022 **Member**, Psychiatry Research & Quality Improvement Day Committee

Details: Served on Department of Psychiatry & Behavioral Sciences committee to develop and implement the annual department Research Day.

7/2015 – 05/2022 **Member**, Resident Training Committee

Details: Served on the Psychology Residency Training Committee; review candidate applications, interview, and select high quality residents to participate in APA-accredited clinical psychology doctoral internship at UT Health San Antonio. Assisted in development of new track for 2020: Integrated Primary Care.

07/2020- 02/2022 **Member**, Residency DEI Committee

Details: Participated in the Diversity, Equity & Inclusion (DEI) committee for the doctoral internship at UT Health San Antonio. We applied for and were awarded an APA grant to develop live and video training materials to facilitate faculty and residents' cultural humility and DEI practices.

06/2020- 12/2021 **Chair**, ReACH for DEI Working Group

Details: Developed and led the ReACH Center's DEI working group, where we created 3 comprehensive center-wide policy statements on anti-racism/anti-discrimination efforts and integrating DEI activities into research, community outreach and teaching activities.

Committees: Other

3/2019 – 4/2019 **Member**, Faculty Search Committee, Family and Community Medicine

Details: Served on search committee with Family and Community Medicine to hire two new Behavioral Science/Behavioral Health Consultant faculty members (Assistant Professor/Clinical).

11/2017 – 12/2017 **Chair**, Faculty Search Committee, Psychiatry

Details: Chaired search committee, to include activities of advertising, recruiting, interviewing and negotiating position for new Psychiatry and Primary Care Center faculty position - Behavioral Health Consultant in the Medical Arts and Research Center (MARC) Primary Care clinic (Assistant Clinical Professor).

6/2016 – 8/2016 **Chair**, Faculty Search Committee, Psychiatry

Details: Chaired search committee, including activities of advertising, recruiting, interviewing, and negotiating a position for a new Psychiatry and Primary Care Center faculty position - Behavioral Health Consultant in Medical Drive Primary Care, senior health Primary Care, and Hill Country Primary Care (Assistant Clinical Professor).

4/2015 **Member**, Faculty Search Committee, Psychiatry; Family & Community Medicine

Details: Served on two search committees to hire a clinical psychologist faculty member in Psychiatry (tenure-track Assistant Professor) and a Behavioral Science/Behavioral Health Consultant faculty member in Family Medicine (Assistant Professor/Clinical).