

Curriculum Vitae
Mary Katherine Howell, PhD
Postdoctoral Fellow, VISN-5 MIRECC
Department of Veteran Affairs

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Contact Information

Business Address: VISN 5 MIRECC
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Education

2010 B.A., Northwestern University (Middle Eastern Languages & Civilizations, Psychology)

2016 M.S., Howard University (Clinical Psychology, APA-accredited)
Thesis: The Effect of Written Trauma Narratives on Patterns of Activation, Habituation, and Linguistic Change
Thesis Advisor: Thomas A. Mellman, M.D.

2020 Ph.D., Howard University (Clinical Psychology, APA-accredited)
Dissertation: Sleep-interfering Cognitions in Formerly Deployed Veterans
Dissertation Advisor: Thomas A. Mellman, M.D.

Post Graduate Education and Training

2019 - 2020 Psychology Internship (APA-accredited)
Washington, DC VA Medical Center

2020 - 2022 Postdoctoral Research Fellowship (APA-accredited)
VISN-5 VA Mental Illness Research, Education, and Clinical Center (MIRECC)

Licensure

Feb. 13, 2023 Licensed Psychologist, Active (Maryland), # 06861

Employment History

Academic Appointments

2020 - 2022 Visiting Post-Doctoral Fellow, Division of Psychiatric Services Research, University of Maryland School of Medicine

Research Positions

2022 - Present Director of Affiliate Research Sites & Psychologist Clinician Investigator, VA VISN 5 MIRECC

2020 - 2022 Postdoctoral Research Fellow, VA VISN 5 MIRECC

2019 - 2020 Research Intern, War-related Illness and Injury Study Center (WRIISC), Washington DC VA Medical Center (DC VAMC)

2016 - Present Co-investigator, Alternative Distress Activation Pathways for PTSD Treatment (ADAPT) Study, Howard University

2014 - 2019 Intervention Facilitator & Master Trainer, Learning to N.O.D. (Not Be On Duty) Study, Howard University

2014 - 2015 Research Coordinator, Sleep and Processing Traumatic Memory Study, Howard University

2013 - 2014 Program Evaluator, Social Skills Training Groups, Green Door Clinic

2009 - 2010 Research Assistant, Youth Emotion Project, Northwestern University

2008 - 2009 Research Assistant, General Anxiety Disorder Lab, Northwestern University

Clinical Positions

2022 - Present Psychologist Clinician Investigator, VA VISN 5 MIRECC

2020 - 2022 Psychology Postdoctoral Fellow, VA Maryland Healthcare System (VAMHCS)

2019 - 2020 Psychology Intern, Washington DC VA Medical Center (DC VAMC)

2018 Psychology Extern, Potomac Behavioral Solutions, Crystal City, VA

2017 - 2018 Health Psychology Extern, DC VAMC

2016 - 2017 Trauma Services Psychology Extern, DC VAMC

2015 - 2016 Psychology Practicum Student, Howard University Family Health Center

- 2014 - 2015 Psychology Practicum Student, Howard University & DC Public School System
- 2011 - 2014 Community Support Worker, Green Door Mental Health Clinic, Washington, DC

Clinical Expertise

Clinical and research focus are in the areas of PTSD, insomnia, and serious mental illness (SMI)

Other Employment

- 2010 Program Assistant, Concern for Children Trust – GlaxoSmithKline, Karachi, Pakistan
- 2009 Intern, United Nations Relief and Works Agency (UNRWA), West Bank, Palestinian Territories
- 2009 Program Assistant, Treatment & Rehabilitation Center for Victims of Torture, West Bank, Palestinian Territories

Professional Society Membership

- 2019-Present Association of VA Psychologist Leaders (AVAPL)
- 2019-Present American Psychological Association Psychologists in Public Service, Division 18
- 2015-Present International Society for Traumatic Stress Studies
- 2014-Present American Psychological Association of Graduate Students
- 2014-Present American Psychological Association Society of Clinical Psychology, Division 12
- 2014-Present American Psychological Association Ethnic Minority Issues, Division 45
- 2014-Present American Psychological Association Trauma Psychology, Division 56
- 2014-Present District of Columbia Psychological Association
- 2010-Present Northwestern University Alumni Association
- 2017-2019 Association for Clinical and Translational Science
- 2015 Association for Psychological Science

Honors And Awards

- 2024 Service Pin Award – Years of Service, VAMHCS, Baltimore, MD.
- 2024 Outstanding Seminar Presentation Award, VAMHCS & University of Maryland Baltimore Psychology Internship Consortium, Baltimore, MD.
- 2022 VA Gold Pin Award, VAMHCS Mental Health Service Line, Baltimore, MD.
- 2021 Outstanding Poster Presentation, 15th Annual Amygdala, Stress, and PTSD Conference, Uniformed Services University, Washington, DC.
- 2019 Poster Award Winner, 2nd Place, Annual Convention of the Maryland Psychological Association, Baltimore, MD.
- 2019 Winner of 3 Minute Thesis© (3MT) Competition at Edward Alexander Bouchet Society Forum at Howard University, Washington, DC.

- 2017 Invited speaker at Sleep & Stress Symposium, Howard University, Washington, DC.
- 2017 Invited judge for Leslie Hicks Psychology Symposium, Howard University, DC.
- 2017 Distinguished Oral Presentation at Association for Clinical and Translational Science 2017, Washington, DC.
- 2017 Poster Award Winner, 2nd Place, Museum Day Live 2016: I Am Psyched!, Washington, DC: On the Road to Recovery: An analysis of emotional processing in women with PTSD (Myers, J.R. & Mellman, T.A.)
- 2015 Poster Award Winner, Division 12 Society of Clinical Psychology, APA Convention 2015, Toronto, Canada: Writing trauma narratives increases temporal organization & habituation (Myers, J.R. & Mellman, T.A.)
- 2007 Phi Eta Sigma Honor Society
- 2006 National Merit Scholar

National Service

- 2021-Present VISN 5 MIRECC Representative, National MIRECC & Centers of Excellence Diversity, Equity, and Inclusion (DEI) Working Group
- 2019-2020 Intern Representative, Administrative Committee, *VA Psychology Training Council*
- 2018-2019 Trainee Representative, Communications Committee, *Association for Clinical and Translational Science*
- 2017 Committee Member, Brain Bee Competition Organizing Committee, *American Psychological Association Annual Convention*

Local Service

- 2023-Present Chair, Equity Review Workgroup, VISN 5 MIRECC
- 2021-Present Founding Member, Diversity, Equity, and Inclusion (DEI) Committee, VISN 5 MIRECC
- 2020-Present Psychological First Aid (PFA) Provider, Critical Incident Stress Management (CISM) Team, Washington DC VA Medical Center (DC VAMC)
- 2019-2020 Mentor, Psychology Mentorship Program, DC VAMC
- 2019 Application Reviewer, Intern Selection Committee, DC VAMC
- 2015 Social Committee Chair, Howard University Clinical Psychology PhD Program
- 2014-2020 Cohort Representative, Howard University Clinical Psychology PhD Program
- 2010-Present Mentor, Columbia Heights Teen Mentoring Program, Grace Meridian Hill Church

Teaching Service

- 2020, 2022 Trainer, Clinician-Administered PTSD Scale for DSM-5 (CAPS-5) Training for Research Assistants, University of Maryland

Undergraduate Student Teaching

- 2016 Teaching Assistant & Instructor, Howard University, Department of Psychology

Child Abuse and Neglect (Spring 2016)
Approx. 30 students per lecture; 6 hours/week in class

2015 Teaching Assistant, Howard University, Department of Psychology
Statistics I: Lecture/Lab (Fall 2015)
Approx. 50 students per lecture; 6 hours/week in class
Approx. 8 students per lab; 4 hours per week in lab (two 1-hour labs two days/week)

2015 Teaching Assistant & Instructor, Howard University, Department of Psychology
Psychological Testing: Lecture/Lab (Summer 2015)
Approx. 15 students; 6 hours/week in lab (one 3-hour lab two days/week)

2008-2009 Instructor, Northwestern University
Humanitarian Aid: Sovereignty, Accountability, & Effectiveness
Approx. 22 students; 3 hours/week

Grant Support

2023 - 2028 (PI, 75%)
“PTSD Treatment for Veterans with Serious Mental Illness to Improve Functional Outcomes”
VA Office of Research & Development Rehabilitation Research & Development (RRD)
Career Development Award – 2 (CDA-2)
Total Direct Costs: \$944,435

2023 - 2025 (Co-Investigator, 5%)
“Whole Health in VA Mental Health: A Randomized Controlled Trial of Omnis Salutis - Supplement”
VA Office of Research & Development Rehabilitation Research & Development (RRD)
Merit Award – Minority Serving Institution (MSI) Supplement
Total Direct Costs: \$200,000

Completed Grants

2021 - 2023 (PI, 50%)
“A Pilot Study of Written Exposure Therapy for Veterans with SMI and co-occurring PTSD”
VISN-5 MIRECC Pilot Study Funding
Total Direct Costs: \$25,596.24

2016-2018 (PI, 50%)
“Alternate Distress Activation Pathways for PTSD Treatment (ADAPT)”
NIH Ruth L. Kirschstein National Research Service Award (NRSA) TL1
Predoctoral Research Training Grant
Total Direct Costs: \$73,000

Publications

* indicates authors mentored

Peer-reviewed Journal Articles

1. **Howell, M. K.**,¹ Breneman, C. B.,¹ Allen, N., Klingaman, E. A., & Reinhard, M. J. (2024). Manually scoring actigraphy in the absence of a sleep diary: Reliability analysis in Gulf War veterans. *Sleep Epidemiology*, 4, 100084. <https://doi.org/10.1016/j.sleepe.2024.100084>

¹ These authors are equal contributors to this work and are designated as co-first authors.

2. Benfer, N.,* **Howell, M. K.**, Romero, E., Lucksted, A., & Drapalski, A. (2023). Self-stigma and PTSD: Conceptualization and implications for research and treatment. *Psychiatric Services*. <https://doi.org/10.1176/appi.ps.20220397>

3. **Howell, M. K.**, Marggraf, M., Taylor, M. T.,* Hammer, L. A.,* Coakley, G. N.,* Giron-Hernandez,* C. Y., Brown, C. H., Drapalski, A., & Hack, S. M. (2023). Social functioning and personal recovery in adults with serious mental illness. *Psychiatric Rehabilitation*, 46(2), 156. <https://doi.org/10.1037/prj0000559>

4. Kobayashi, I., Mellman, T. A., Cannon, A., Brown, I., Boadi, L., **Howell, M. K.**, Lavela, P., & Sandhu, I. (2022). Blocking the orexin system following therapeutic exposure promoted between session habituation, but not PTSD symptom reduction. *Journal of psychiatric research*, 145, 222-229. <https://doi.org/10.1016/j.jpsychires.2021.12.027>

5. Mellman, T. A., **Howell, M. K.**, Lavela, J., Reinhard, M., & Hall Brown, T. S. (2021). A brief sleep intervention for Veterans with pre-sleep cognitive exercises to reduce vigilance. *Military Behavioral Medicine*, 1-9. <https://doi.org/10.1080/21635781.2021.1876798>

6. Kobayashi, I. & **Howell, M. K.** (2018). Impact of traumatic stress on sleep and management options in women. *Sleep Medicine Clinics*, 13(3), 419-431. <https://doi.org/10.1016/j.jsmc.2018.04.009>

7. Simmons, K., Garcia, E., **Howell, M. K.**, & Leong, S. (2016). Psych-Trends. Technological Advance of Mobile Interventions and Behavioral Health Interventions: A Brief Review of the Best Apps. *Journal of Unified Psychotherapy and Clinical Science*, 4(1), 88.

8. Simmons, K., Garcia, E., **Howell, M. K.**, & Leong, S. (2016). Personalizing, Delivering and Monitoring Behavioral Health Interventions: An Annotated Bibliography of the Best Available Apps. *The Register Report: The National Register of Health Service Psychologists*, 42, 46-54.

9. Kobayashi, I., Mellman, T. A., Altaee, D., **Howell, M. K.**, & Lavela, J. (2016). Sleep and Processing of Trauma Memories. *Journal of Traumatic Stress*, 29(6), 568-571. <https://doi.org/10.1002/jts.22137>

10. Aitcheson, R., Abu-Bader, S., **Howell, M. K.**, Khalil, D., & Elbedour, S. (2016). Resilience in Palestinian adolescents living in Gaza. *Psychological Trauma: Theory, Research, Practice, & Policy*, 9(1), 36-43. <http://dx.doi.org/10.1037/tra0000153>

Submitted or In-Revision Peer-reviewed Journal Articles

1. **Howell, M. K.**, Myers, J. R., Kobayashi, I., & Mellman, T. A. (Submitted). Activation, habituation, and response to written exposure for posttraumatic stress disorder. *European Journal of Psychotraumatology*.

2. Myers, J. R., **Howell, M. K.**, Kobayashi, I., & Mellman, T. A. (Submitted). Linguistic changes during written narrative disclosure in an urban-residing African American community sample. *Journal of Psycholinguistic Research*.

3. Crock, L.,* **Howell, M. K.**, Allen, N., Dutton, M. A. & Reinhard, M. (Submitted). Dispositional mindfulness alters the relationship between stressful life events on posttraumatic stress disorder symptoms in veterans with Gulf War Illness. *Mindfulness*.

4. **Howell, M. K.**, Lavela, J., Sandhu, I., Kim, W., Reinhard, M., & Mellman, T. A. (Submitted). Sleep-interfering cognition in formerly deployed Veterans. *Military Medicine*.

Major Invited Speeches

Local

1. **Howell, M. K.** (2024, September). Incorporating the Cultural Formulation Interview (CFI) into Clinical Practice. VA Maryland Healthcare System Psychology Intern Diversity Didactic Series, Baltimore, MD.
2. **Howell, M. K.** (2024, September). Improving PTSD treatment for and Veterans with SMI. Psychology Intern SMI Didactic Series at the VA Maryland Health Care System, Baltimore, MD.
3. **Howell, M. K.** (2024, September). Written exposure therapy (WET) & PTSD evidence-based practices (EBPS) for individuals with psychotic spectrum disorders. Connection LHS Hubwide Meeting, University of Maryland Coordinated Specialty Care (CSC) Programs for First Episode Psychosis, MD and PA.
4. **Howell, M. K.** (2024, June and August). Microintervention strategies for addressing microaggressions. VA Maryland Healthcare System Diversity, Equity, and Inclusion (DEI) Committee Speaker Series, Baltimore, MD.
5. **Howell, M. K.** (2024, April). Improving PTSD treatment for and Veterans with SMI. Psychology Intern SMI Didactic Series at the VA Maryland Health Care System, Baltimore, MD.
6. **Howell, M. K.** (2023, November). Discussing Cultural Identity with Veterans and in VA Clinical Teams. VA Maryland Healthcare System Psychology Intern Diversity Didactic Series, Baltimore, MD.

7. **Howell, M. K.** (2023, September). Incorporating the Cultural Formulation Interview (CFI) into Clinical Practice. VA Maryland Healthcare System Psychology Intern Diversity Didactic Series, Baltimore, MD.
8. **Howell, M. K.** (2023, September). Improving PTSD treatment for and Veterans with SMI. Psychology Intern SMI Didactic Series at the VA Maryland Health Care System, Baltimore, MD.
9. **Howell, M. K.** & Glieger, J. (2022, November). Implicit Bias and the Implicit Association Test Workshop Series. VISN 5 MIRECC All-Staff Meeting, Baltimore, MD.
10. **Howell, M. K.** (2022, April). White Normative Culture Presentation. VISN 5 MIRECC All-Staff Meeting, Baltimore, MD.
11. **Howell, M. K.** (2022, April). Assessing Cultural Identity during Research & Clinical Care. UMD Ignite Talk, Baltimore, MD.
12. **Howell, M. K.** (2022, March). Veterans with SMI & PTSD: Introduction and a Pilot Study. Lunch and Learn Presentation for the VA Maryland Health Care System PTSD Clinical Teams, Baltimore, MD.
13. **Howell, M. K.** (2022, February). Veterans with SMI & PTSD: Introduction and a Pilot Study. Psychology Service All Staff Meeting at the VA Maryland Health Care System, Baltimore, MD.
14. **Howell, M. K.** (2022, February). Improving PTSD treatment for and Veterans with SMI. Psychology Intern SMI Didactic Series at the VA Maryland Health Care System, Baltimore, MD.
15. **Howell, M. K.** (2021, September). Discussing Cultural Identity with Veterans. Annual SMI Retreat at the VA Maryland Health Care System, Baltimore, MD.
16. **Howell, M. K.** (2021, May). Improving PTSD treatment for and Veterans with SMI. Psychology Intern SMI Didactic Series at the VA Maryland Health Care System, Baltimore, MD.
17. **Howell, M.K.** (2021, March). Trauma & PTSD, impact on persons and organizations. Community Wealth Partners, Washington, DC.
18. Adomako, F., **Howell, M.K.**, Maestro, K., Massey, A., Salky, L., Vogel, T., & Yeung, C. (2019, October). Preparing for externship and internship applications and interviews. Psychology Extern Didactic Series at the DC VA Medical Center, Washington, DC.
19. **Howell, M.K.** (2019, September). Trauma & PTSD: Invisible injuries of contemporary warfare. Psychology Extern Didactic Series at the DC VA Medical Center, Washington, DC.
20. **Howell, M. K.** (2017, July). Diminishing impact of intrusive cognitions on sleep. Sleep & Stress Symposium, Howard University, Washington, DC.
21. **Howell, M.K.** (2017, May). Learning to N.O.D. (Not Be On Duty): Veterans sleep study. GHUCCTS Participant Advisory Board, Washington, DC.
22. **Howell, M.K.** & Daly, E. (2016, December). Invisible injuries of contemporary warfare. Operation College Promise Certification Training at the University of Maryland, College Park, MD.

23. **Howell, M. K.** (2016, April). Cognitions and behaviors that disrupt sleep in formerly deployed US Veterans. 2016 Howard Research Week Symposium, Howard University, Washington, DC.
24. **Howell, M.K.** (2015, October). Selecting a graduate psychology program. Guest Lecture for Introduction to Clinical Psychology (PSYC-174), Howard University, Washington, D.C.
25. **Howell, M. K., & Myers, J. R.** (2015, April). Writing trauma narratives increases temporal organization & decreases subjective distress. 2015 Howard Research Week Symposium, Howard University, Washington, DC.
26. **Howell, M. K.** (2015, February). Learning to N.O.D. – not on duty. Clinical Research Network Meeting, Howard University Hospital Clinical Research Unit, Washington, DC.
27. **Howell, M.K.** (2014, October). The importance and challenge of cultural moderators in research. Guest Lecture for Introduction to Clinical Psychology (PSYC-174), Howard University, Washington, D.C.
28. **Howell, M. K.** (2013, August). Quantitative and qualitative analysis of “Let’s Meet Up” group outcomes. Presentation given at Clinical Director Monthly Meeting, Green Door, Washington, D.C.

National

1. Winston-Proctor, C. E., Mwendwa, D. T., Head, R., Miller, J., **Howell, M. K., & Hack, S.** (2024, June). Transforming knowledge and reimagining psychology through generative collaboration: Narrative identity, reflexivity, relational interviews, & Veterans’ health behaviors. 2024 Annual Meeting of the Society for Qualitative Inquiry in Psychology, Boston, MA.
2. **Howell, M. K.,** Girón-Hernandez, C., Grubaugh, A., Lucksted, A., Worley, C., & Drapalski, A. (2024, February). Brief PTSD Treatment for Veterans with SMI Incorporating Culturally Responsive Methods. 1st Annual Meeting of the APA Division 12 Society for Clinical Psychology, Atlanta, GA.
3. **Howell, M. K.,** Breneman, C., Allen, N., Klingaman, E. A., & Reinhard M. (2023, June). Manually scoring actigraphy in the absence of a sleep diary: Reliability analysis in Gulf War veterans. 37th Annual Meeting of the Associated Professional Sleep Societies, Indianapolis, IN.
4. **Howell, M. K.** (2022, April). A Brief Cultural Identity Assessment for Clinical Care. National MIRECC Recovery Webinar Speaker Series, Virtual.
5. **Howell, M. K.** (2021, August). Invisible Injuries of Contemporary Warfare – Trauma & PTSD. Association of VA Vocational Rehabilitation Professionals (AVAVRP) Training, Virtual.
6. **Howell, M. K.** (2021, June). Discussing Cultural Identity with Veterans. National MIRECC Peer Webinar Speaker Series, Virtual.
7. **Howell, M. K.,** Berg-Cross, L., & Mellman, T. A. (2020, November). Vigilance in formerly deployed Veterans with insomnia. Society for Behavioral Sleep Medicine Annual Meeting, Virtual Meeting.

8. **Howell, M. K.** & Mellman, T. A. (2020, August). Sleep disruptive cognitions in deployment-related insomnia. SLEEP 34th Annual Meeting, Virtual Meeting.
9. **Howell, M. K.**, & Mellman, T. A. (2017, April). Characterizing vigilant thoughts and behaviors that disrupt sleep in Veterans and utilization of cognitive techniques. Association for Clinical and Translational Science 2017, Washington, DC.

Proffered Communications (Posters)

1. Blackmon, J. E.,* **Howell, M. K.**, Brown, I., Boadi, L., Cannon, A. & Kobayashi, I. (2023, November). Dissociation improvement is an antecedent to sleep improvement during written narrative exposure for PTSD. 39th Annual Meeting for the International Society for Traumatic Stress Studies, Los Angeles, CA.
2. Klingaman, E. A., **Howell, M. K.**, Brown, C. H., Li, L., Kreyenbuhl, J., Taylor, M., Glieger, J., & Vivino, A. (2023, June). CBT-I for psychosis leads to changes in diary and actigraphy-assessed sleep parameters. 37th Annual Meeting of the Associated Professional Sleep Societies, Indianapolis, IN.
3. **Howell, M. K.**, Breneman, C., Allen, N., Klingaman, E. A., & Reinhard M. (2023, June). Manually scoring actigraphy in the absence of a sleep diary: Reliability analysis in Gulf War veterans. 37th Annual Meeting of the Associated Professional Sleep Societies, Indianapolis, IN.
4. Grubaugh, A., Brown, W., Wojtalik, J., Allan, N., Myers, U., & **Howell, M. K.** (2022, November). Randomized Controlled Trial of Prolonged Exposure for PTSD among Veterans with Severe Mental Illness. 38th Annual Meeting for the International Society for Traumatic Stress Studies, Virtual.
5. Klingaman, E. A., Fischer, M., **Howell, M. K.**, Brown, C. B., & Li, L. (2022, June). CBT-I for Psychosis Leads to Reduced Insomnia Severity and Improved Functioning in Veterans with Psychosis and Insomnia: Results from a Preliminary RCT. 36th Annual Meeting of the Associated Professional Sleep Societies, Virtual Meeting.
6. Squires, L. E., Mitchell, A. M., Ortiz-Hernandez, S., Kumar, J., **Howell, M. K.**, Yeung, J. G., Corbett, C., & Cammack, N. (2022, May). Data-informed diversity practices and social responsiveness within a VA psychology training program. 2022 APPIC Conference, Virtual Meeting.
7. Kobayashi, I., Mellman, T. A., Cannon, A., Brown, I., Boadi, L., & **Howell, M. K.** (2021, November). Blocking the orexin system following therapeutic exposure promoted between session habituation, but not PTSD symptom reduction. 37th Annual Meeting for the International Society for Traumatic Stress Studies, Virtual.
8. **Howell, M. K.**, Fischer, I.*, Fang, L., Grubaugh, A., Kreyenbuhl, J., & Drapalski, A. (2021, November). Prevalence of PTSD and service utilization in Veterans with serious mental illness. 37th Annual Meeting for the International Society for Traumatic Stress Studies, Virtual.

9. Klingaman, E., & **Howell, M. K.** (2021, June). Preliminary efficacy of CBT-I for psychosis in a Veteran sample. 35th Annual Meeting of the Associated Professional Sleep Societies, Virtual Meeting.
10. **Howell, M. K.**, Crock, L., Allen, N., Dutton, M. A., Reinhard, M. (2021, April). Dispositional mindfulness alters the relationship between stressful events on PTSD symptoms in Veterans with Gulf War Illness. 15th Annual Amygdala, Stress, & PTSD Conference at USUS, Virtual Meeting.
11. **Howell, M. K.**, Crock, L., Allen, N., Dutton, M. A., Costanzo, M., Reinhard, M. (2020, August). Veteran dispositional mindfulness reduces impact of stressful events on PTSD. 128th Annual American Psychological Association Convention, Virtual Meeting.
12. **Howell, M. K.**, Sandhu, I., Reinhard, M., & Mellman, T. A., (2019, November). The impact of vigilant thoughts and other sleep-interfering cognitions on sleep in formerly deployed Veterans. Annual Convention of the Maryland Psychological Association, Baltimore, MD.
13. **Howell, M. K.**, Myers, J. R., Kobayashi, I., & Mellman, T. A. (2018, November). Activation, habituation, and response to written trauma narrative exposure for PTSD. 33rd Annual Meeting for the International Society for Traumatic Stress Studies, Washington, DC.
14. **Howell, M. K.**, & Mellman, T. A. (2018, October). Congruence of activation and habituation of subjective distress and physiological arousal in written trauma narrative exposure for PTSD. Society for Psychophysiological Research 2018 Annual Meeting, Quebec City, Canada.
15. **Howell, M.K.**, Boadi, L., Reinhard, M., & Mellman, T. A. (2018, May). Training for sleep disturbance targeting nocturnal vigilance in Veterans. 2018 VA Research Week, Washington, DC.
16. **Howell, M. K.**, & Mellman, T. A. (2018, April). Subjective, Physiological Activation and Habituation, and Response to Written Trauma Narrative Exposure. Association for Clinical and Translational Science 2018, Washington, DC.
17. **Howell, M. K.**, & Mellman, T. A. (2017, October). Presence of vigilance in sleep-interfering cognitions and behaviors in formerly deployed Veterans. 32nd Annual Meeting for the International Society for Traumatic Stress Studies, Chicago, Illinois.
18. **Howell, M. K.**, & Mellman, T. A. (2017, April). Characterizing vigilant thoughts and behaviors that disrupt sleep in Veterans and utilization of cognitive techniques. Association for Clinical and Translational Science 2017, Washington, DC.
19. Myers, J. R., **Howell, M. K.**, & Mellman, T. A. (2017, February). On the Road to Recovery: An Analysis of Emotional Processing in Women with PTSD. Museum Day Live 2016: I Am Psyched! Washington, DC.
20. **Howell, M. K.**, Akeeb, A., & Mellman, T. A. (2016, October). Addressing cognitions and behaviors that disrupt sleep in formerly deployed US Veterans with mindfulness techniques. Association for Behavioral and Cognitive Therapies 50th Annual Convention, New York, NY.
21. DeRico, P.,* **Howell, M. K.**, Akeeb, A., & Mellman, T. A. (2016, August). Fear of sleep, dysfunctional beliefs about sleep, and general worry characterize choice of cognitive intervention

in Veterans with disturbed sleep. 2016 Howard University College of Medicine Research Day, Washington, DC.

22. **Howell, M. K.**, Akeeb, A., Reinhard, M., & Mellman, T. A. (2016, May). Brief intervention for sleep disturbance targeting nocturnal vigilance in Veterans. 2016 VA Research Week, Washington, DC.
23. **Howell, M. K.**, Akeeb, A., Lavela, J., Kobayashi, I., & Mellman, T. A. (2015, November). First session fear activation and response to written narrative exposure. 31st Annual Meeting for the International Society for Traumatic Stress Studies, New Orleans, Louisiana.
24. **Howell, M. K.**, Aitcheson, R., & Elbedour, S. (2015, October). Resilience in Palestinian adolescents living in Gaza. 1st Arab Conference of the Lebanese Psychological Association, Beirut, Lebanon.
25. **Howell, M. K.**, Myers, J. R., & Mellman, T. A. (2015, August). Writing trauma narratives increases temporal organization & habituation. 123rd Annual American Psychological Association Convention, Toronto, Canada.
26. **Howell, M. K.**, Myers, J. R., Kobayashi, I. & Mellman, T. A. (2015, May). Writing trauma narratives increases temporal connection. 27th Annual Convention for the Association for Psychological Science, New York City, NY.

Book Chapters & Other Communications

Peer, J. E., Fradkin, S. I., & **Howell, M. K.** (2024). Schizophrenia. In D. L. Segal (Ed.), *Diagnostic Interviewing* (6th ed., pp. 261-293). Springer.

Briggs, L.R., Shah, S.A., **Howell, M.K.**, Shenoy, D., Moberg, M., & Burke, K. (2015). Stress and resilience issues affecting USAID personnel in high operational stress environments: An assessment. Retrieved from USAID Development Experience Clearinghouse (DEC) http://pdf.usaid.gov/pdf_docs/PA00KXHF.pdf

Howell, M.K. (2015, October 15). Writing trauma narratives increases temporal organization & habituation [blog post]. APA Division 12 Society of Clinical Psychology Blog. Retrieved from <http://www.div12.org/writing-trauma-narratives-increases-temporal-organization-habitation/>