

EMILY P.G. ERICKSON
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EDUCATION

- 2015 Master of Arts in Counseling Psychology
Graduate School of Professional Psychology
University of St. Thomas, Minneapolis, MN
GPA: 4.00
- 2008 Bachelor of Arts
Majors: Psychology and Geography
Macalester College, Saint Paul, MN
GPA: 3.88 (*Magna Cum Laude*)

AWARDS AND HONORS

- 2024 AVA Digital Awards Winner (Gold Winner) (for co-authorship of Helping Ourselves: Self-Care for Psychologists e-booklet published by the American Psychological Association)
- 2021 Macalester Alumni Service Award (for significant service and consistent loyalty to the college. Alumni Service Award recipients exemplify the spirit of volunteerism toward their alma mater.)
- 2015 Common Good Award (for outstanding contribution to the College of Education, Leadership, and Counseling and the greater community)
- 2010 Mayor Chris Coleman's Sustainable Saint Paul Award (for work on Green Building Policy workgroup)
- 2008 Phi Beta Kappa
- The Walter D. Mink Endowed Prize (for strong academic record and outstanding service to the Psychology Department, college, or broader community)
- National Council of Geographic Education & Association of American Geographers Award for Excellence of Scholarship
- Hildegard Binder Johnson Prize (for competence and interest in geography)

- 2007 - 2008 Gamma Theta Upsilon (International Geographical Honors Society)
- 2005 - 2008 Psi Chi (Co-President, 2007 - 2008)
- 2004 - 2008 Wallace Distinguished Scholarship

ACADEMIC PUBLICATIONS

- 2023 Meis, L. A., Polusny, M. A., Kehle-Forbes, S. M., Erbes, C. R., O'Dougherty, M., **Erickson, E. P. G.**, Orazem, R. J., Burmeister, L. B., & Spont, M. R. (2023). Making sense of poor adherence in PTSD treatment from the perspectives of veterans and their therapists. *Psychological Trauma: Theory, Research, Practice, and Policy*, 15(4), 715–725. <https://doi.org/10.1037/tra0001199>
- 2022 Erickson, E. P. G. (2022). The cocktail party in your head. In Palmiter, A.R. *Sustainable Corporations, First Edition*. Aspen Publishing.
- 2021 Thompson-Hollands, J., Burmeister, L. B., Rosen, C. S., O'Dougherty, M., **Erickson, E. P. G.**, & Meis, L. A. (2021). Veterans with poor PTSD treatment adherence: Exploring their loved ones' experience of PTSD and understanding of PTSD treatment. *Psychological Services*, 18(2), 216–226. <https://doi.org/10.1037/ser0000389>
- 2020 Meis, L. A., Noorbaloochi, S., Hagel Campbell, E. M., **Erickson, E. P. G.**, Velasquez, T. L., Leverty, D. M., Thompson, K., & Erbes, C. (2021). A Theory of Planned Behavior Scale for Adherence to Trauma-Focused Posttraumatic Stress Disorder Treatments. *Journal of Traumatic Stress*, 34(2), 440–453. <https://doi.org/10.1002/jts.22620>

PUBLISHED JOURNALISM

- 2025
- Erickson, E.P.G. (2025, April 25). Bipolar research & insights: caregivers, PCOS, metabolism, mood tools, and more | April 2025. *bpHope*. <https://www.bphope.com/bipolar-research/caregivers-pcos-metabolism-mood-tools/>
- Erickson, E.P.G. (2025, March 21). Bipolar research & insights: Ketogenic diet, GLP-1s, AI-assisted diagnosis, and more | March 2025. *bpHope*. <https://www.bphope.com/bipolar-research/screen-time-mania-ketogenic-diet-glp1s-artificial-intelligence/>
- Erickson, E.P.G. (2025, March 17). 8 tips to beat procrastination. *Everyday Health*.

<https://www.everydayhealth.com/emotional-health/tips-to-beat-procrastination/>

Erickson, E.P.G. (2025, February 27). How air pollution affects bipolar disorder: 7 things you need to know. *MSN*.

<https://www.msn.com/en-us/health/other/how-air-pollution-affects-bipolar-disorder-7-things-you-need-to-know/ar-AA1zVqE3>

Erickson, E.P.G. (2025, February 27). How air pollution affects bipolar disorder: 7 things you need to know. *bpHope*.

<https://www.bphope.com/bipolar-buzz/how-air-pollution-affects-bipolar-disorder/>

Erickson, E.P.G. (2025, February 21). Bipolar research & insights: Genetics, biological clocks, sleep changes, and more | February 2025.

bpHope.

<https://www.bphope.com/bipolar-research/genetics-biological-clocks-sleep-treatment/>

Erickson, E.P.G. (2025, January 29). Bipolar research & insights:

Ketogenic diet, sunlight, immunity, and more | January 2025. *bpHope*.

<https://www.bphope.com/bipolar-research/ketogenic-diet-sunlight-suicide-immunity-air-pollution/>

2024

Erickson, E.P.G. (2024, October 4). I used to research mental health treatments – Here’s what I think about Headspace mental health coaching. *Everyday Health*.

<https://www.everydayhealth.com/emotional-health/i-tried-headspace-coaching/>

Erickson, E.P.G. (2024, May 29). Mood changes after giving birth?

Spotting the signs of postpartum bipolar disorder. *bpHope*.

<https://www.bphope.com/postpartum-bipolar-disorder/>

Erickson, E.P.G. (2024, May 29). Mood changes after giving birth?

Spotting the signs of postpartum bipolar disorder. *Everyday Health*.

<https://www.everydayhealth.com/bipolar-disorder/spotting-signs-of-postpartum-bipolar-disorder/>

Erickson, E.P.G. (2024, January 18). All about anger: Definition, health effects, and how to better manage this common emotion. *Everyday Health*.

<https://www.everydayhealth.com/emotional-health/anger/guide/>

Erickson, E.P.G. (2024, January 5). 7 tips for raising an emotionally

healthy kid. *Everyday Health*.

<https://www.everydayhealth.com/depression/treating/tips/10-ways-to-nurture-your-child.aspx>

2023

Erickson, E.P.G. (2023, November 27). 8 Signs and Symptoms of Loneliness. *Everyday Health*.

<https://www.everydayhealth.com/depression-pictures/are-you-lonelier-than-you-realize.aspx>

Erickson, E.P.G. (2023). Making healthy habits life-proof. In *Helping Ourselves: Self-Care for Psychologists*. American Psychological Association. <https://pages.apa.org/self-care/>

Erickson, E.P.G. (2023, November 16). All about the state of flow: Definition, health effects, and how to get into the zone. *Everyday Health*.

<https://www.everydayhealth.com/emotional-health/flow-state/guide/>

Erickson, E.P.G. (2023, November 10). All about self-efficacy: Definition, health effects, and how to get better at it. *Everyday Health*.

<https://www.everydayhealth.com/emotional-health/self-efficacy/guide/>

Erickson, E.P.G. (2023, October 27). What makes someone an extrovert: Definition, personality traits, and self-care tips. *Everyday Health*.

<https://www.everydayhealth.com/emotional-health/extrovert/guide/>

Erickson, E.P.G. (2023, October 27). What makes someone an introvert: Definition, personality traits, and self-care tips. *Everyday Health*.

<https://www.everydayhealth.com/emotional-health/introvert/guide/>

Erickson, E.P.G. (2023, July 10). What to do when your therapist is away. *Everyday Health*.

<https://www.everydayhealth.com/emotional-health/what-to-do-when-your-therapist-is-away/>

Erickson, E.P.G. (2023, May 26). Is social media safe for kids, teens? 11 things parents and other caregivers should know. *Everyday Health*.

<https://www.everydayhealth.com/emotional-health/is-social-media-safe-for-kids-teens-things-parents-should-know/>

Erickson, E.P.G. (2023, May 12). All about toxic positivity: Definition, health effects, and how to respond. *Everyday Health*.

<https://www.everydayhealth.com/emotional-health/toxic-positivity/guide/>

Erickson, E.P.G. (2023, May 8). All about optimism: Definition, health

effects, and how to boost your outlook. *Everyday Health*.
<https://www.everydayhealth.com/emotional-health/optimism/guide/>

Erickson, E.P.G. (2023, April 28). 7 ways to support your kid while waiting for their first therapy appointment. *Everyday Health*.
<https://www.everydayhealth.com/emotional-health/ways-to-support-your-kid-while-waiting-for-their-first-therapy-appointment/>

Erickson, E.P.G. (2023, May 8). 7 ways to support your kid while waiting for their first therapy appointment. *Everyday Health*.
<https://www.everydayhealth.com/emotional-health/ways-to-support-your-kid-while-waiting-for-their-first-therapy-appointment/>

Erickson, E.P.G. (2023, February 16). The best kids' winter boots of 2023. *Reviewed | A Division of USA Today*.
<https://reviewed.usatoday.com/parenting/best-right-now/best-kids-winter-boots>

Erickson, E.P.G. (2023, February 3). The best breast pumps of 2023: The Babyation The Pump update. *Reviewed | A Division of USA Today*.
<https://reviewed.usatoday.com/parenting/best-right-now/best-breast-pumps/#babyation-pump-review>

Erickson, E.P.G. (2023, January 6). All about sadness: What causes it, how to cope with it, and when to get help. *Everyday Health*.
<https://www.everydayhealth.com/emotional-health/all-about-sadness-what-causes-it-how-to-cope-with-it-and-when-to-get-help/>

2022

Erickson, E.P.G. (2022, December 19). Feeling Good Institute Online Therapy Review. *Verywell Mind*.
<https://www.verywellmind.com/feeling-good-institute-online-therapy-review-6891684>

Erickson, E.P.G. (2022, December 12). How not to be sad: 9 tips for managing the emotion. *Everyday Health*.
<https://www.everydayhealth.com/emotional-health/how-to-not-be-sad-tips-for-managing-the-emotion/>

Erickson, E.P.G. (2022, December 6). Talkspace Online Therapy Review. *Health*. <https://www.health.com/talkspace-online-therapy-review-6832238>

Erickson, E.P.G. (2022, December 2). Best online therapy for teenagers and kids. *Parents*.
<https://emilypgerickson.com/wp-content/uploads/2024/01/Best-Online-Th>

[erapy-for-Teenagers-and-Kids.pdf](#)

Erickson, E.P.G. (2022, November 28). Best online family therapy. *Verywell Family*.

<https://www.verywellfamily.com/best-online-family-counseling-5215218>

Erickson, E.P.G. (2022, October 17). Is my kids' therapy helping? Plus 7 steps to take if it's not. *Everyday Health*.

<https://www.everydayhealth.com/emotional-health/is-my-kids-therapy-helping-plus-steps-to-take-if-its-not/>

Erickson, E.P.G. (2022, September 27). Use one of these 9 best alarm clocks to wake up well-rested. *Health*.

<https://www.health.com/condition/sleep/15-alarm-clocks-for-heavy-sleepers>

Erickson, E.P.G. (2022, July 8). The best strollers of 2022. *Reviewed | A Division of USA Today*.

<https://www.reviewed.com/parenting/best-right-now/the-best-strollers>

Erickson, E.P.G. (2022, June 3). The best baby spoons of 2022. *Reviewed | A Division of USA Today*.

<https://reviewed.usatoday.com/parenting/best-right-now/best-baby-spoons>

Erickson, E.P.G. (2022, April 12). Newborn sleep 101: Learn the basics for your baby born after loss. *Pregnancy After Loss Support*.

<https://pregnancyafterlosssupport.org/newborn-sleep/>

Erickson, E.P.G. (2022, January 27). The cocktail party in your head. *Elemental*.

<https://elemental.medium.com/the-cocktail-party-in-your-head-bdeeb394349a#1dbc-37077b855f00>

Erickson, E.P.G. (2022, January 18). Next steps to take after having a miscarriage. *Pregnancy After Loss Support*.

<https://pregnancyafterlosssupport.org/next-steps-after-miscarriage/>

2021

Erickson, E.P.G. (2021, December 16). The best nursing bras of 2022. *Reviewed | A Division of USA Today*.

<https://www.reviewed.com/parenting/best-right-now/best-nursing-bras>

Erickson, E.P.G. (2021, July 28). The best booster seats for dining of 2021. *Reviewed | A Division of USA Today*.
<https://reviewed.usatoday.com/parenting/best-right-now/the-best-booster-seats-for-tables>

Erickson, E.P.G. (2021, July 15). Preparing for a c-section birth during pregnancy after loss. *Pregnancy After Loss Support*.
<https://pregnancyafterlosssupport.org/c-section-birth-pregnancy-after-loss/>

Erickson, E.P.G. (2021, July). Host your own book club. *Macalester College*.
<https://www.macalester.edu/special-events/host-your-own-book-club/?fbclid=IwAR2PCoEhqiW3ga10nAtOqh0V4sC2hyBfgN70ZOAQxhazxv16mse-ilP0v38>

Erickson, E.P.G. (2021, July 28). The best booster seats for dining of 2021. *Reviewed | A Division of USA Today*.
<https://reviewed.usatoday.com/parenting/best-right-now/the-best-booster-seats-for-tables>

Erickson, E.P.G. (2021, June 25). The maternity leggings of 2021. *Reviewed | A Division of USA Today*.
<https://www.reviewed.com/parenting/best-right-now/best-maternity-leggings>

Erickson, E.P.G. (2021, June 17). Postpartum anxiety and depression – what you need to know. *Pregnancy After Loss Support*.
<https://pregnancyafterlosssupport.org/postpartum-anxiety-depression/>

Erickson, E.P.G. (2021, June 15). How to cope with a traumatic birth after a previous loss and where to get help. *Pregnancy After Loss Support*.
<https://pregnancyafterlosssupport.org/traumatic-birth-after-previous-loss/>

Erickson, E.P.G. (2021, May 6). Here's a calendar trick to ease post-pandemic reentry. *WIRED*.
<https://www.wired.com/story/calendar-tips-post-pandemic-reentry-organization/>

Erickson, E.P.G. (2021, April 29). Tantrums are coming: Neurodiversity

therapists share 10 tried & true strategies for all types of kids. *Romper*.
<https://www.romper.com/parenting/tantrum-tips-from-the-people-who-know>

Erickson, E.P.G. (2021, January 14). What to expect when you're expecting the worst. *The New York Times*.
<https://www.nytimes.com/2021/01/14/parenting/pregnancy-loss-emotional-cushioning.html>

2020

Erickson, E.P.G. (2021, December 16). 2020, November 9). The science behind your sigh of relief. *Elemental*.
<https://elemental.medium.com/the-science-behind-your-sigh-of-relief-f6b31a7b8ed5>

Erickson, E.P.G. (2021, July 1). The worst mindset to have when fighting racism. *Forge*.
<https://forge.medium.com/how-perfectionism-and-white-supremacy-culture-are-connected-a0e47da6f8c5>

Erickson, E.P.G. (2021, July 1). The scientific framework I'm using to make it through this pandemic school year. *Forge*.
<https://forge.medium.com/the-chart-thats-keeping-me-grounded-this-pandemic-school-year-325a9a870573>

PUBLISHED ESSAYS

2021

Erickson, E.P.G. (2021, July 2). A bear hunt: Managing fear in pregnancy after loss. *Pregnancy After Loss Support*.
<https://pregnancyafterlosssupport.org/bear-hunt-managing-fear-pregnancy-after-loss/>

Erickson, E.P.G. (2021, May 6). A geography of hope. *Pregnancy After Loss Support*. <https://pregnancyafterlosssupport.org/geography-hope/>

Erickson, E.P.G. (2021, March 5). The yarn that holds hope: Knitting grief and longing into the fabric of life. *Pregnancy After Loss Support*.
<https://pregnancyafterlosssupport.org/yarn-grief-longing/>

Erickson, E.P.G. (2021, January 22). Earthworms & champagne. *Dovetail: Art & Literary Magazine of NYU SPS*.
<https://pregnancyafterlosssupport.org/yarn-grief-longing/>

2020

Erickson, E.P.G. (2020, November 5). A potential space. *Pregnancy After Loss Support*.
<https://pregnancyafterlosssupport.org/potential-space-try-to-conceive-after-loss/>

Erickson, E.P.G. (2020, September 11). I was already worried about my autistic son starting kindergarten – Then 2020 happened. *Scary Mommy*.
<https://www.scarymommy.com/autistic-son-starting-kindergarten-2020>

Erickson, E.P.G. (2020, September 11). I was already worried about my autistic son starting kindergarten – Then 2020 happened. *Yahoo! Money*.
https://emilypgerickson.com/wp-content/uploads/2024/01/I-Was-Already-Worried-About-My-Autistic-Son-Starting-Kindergarten---Then-2020-Happened_YahooMoney.pdf

Erickson, E.P.G. (2020, September 11). I was already worried about my autistic son starting kindergarten – Then 2020 happened. *Yahoo! Life*.
https://emilypgerickson.com/wp-content/uploads/2024/01/I-Was-Already-Worried-About-My-Autistic-Son-Starting-Kindergarten---Then-2020-Happened_Yahoolife.pdf

Erickson, E.P.G. (2020, September 4). How raising butterflies taught me to live with the pain and possibility of trying to conceive after loss. *Pregnancy After Loss Support*.
<https://pregnancyafterlosssupport.org/raising-butterflies-taught-possibility-trying-to-conceive-after-loss/>

Erickson, E.P.G. (2020, July 15). What have you learned about yourself in quarantine? *Motherwell*.
<https://motherwellmag.com/2020/07/15/what-have-you-learned-about-yourself-in-quarantine/>

Erickson, E.P.G. (2020, June 18). What raising butterflies taught me about miscarriage. *Fearless She Wrote*.
<https://medium.com/fearless-she-wrote/what-raising-butterflies-taught-me-about-miscarriage-117cb2c64e0a>

Erickson, E.P.G. (2020, June 11). When my son asked me, ‘Mama, aren’t police supposed to help people?’ *Scary Mommy*.
<https://www.scarymommy.com/neighborhood-burned-minneapolis-why-we-need-to-defund-the-police>

Erickson, E.P.G. (2020, June 5). The conversation I had with my four-year-old when we evacuated Minneapolis. *Scary Mommy*.

<https://www.scarymommy.com/conversation-four-year-old-vacuated-minneapolis>

Erickson, E.P.G. (2020, June 4). From our home in Minneapolis, we can smell the smoke and see the ashes – Here’s what I told my 4-year-old.

Yahoo! Life.

https://emilypgerickson.com/wp-content/uploads/2024/01/From-Our-Home-In-Minneapolis-We-Can-Smell-The-Smoke-And-See-The-Ashes—Here-s-What-I-Told-My-4-Year-Old_Yahoo.pdf

Erickson, E.P.G. (2020, June 4). From our home in Minneapolis, we can smell the smoke and see the ashes – Here’s what I told my 4-year-old.

Scary Mommy.

<https://www.scarymommy.com/minneapolis-protests-explain-kids>

Erickson, E.P.G. (2020, June 3). I live in Minneapolis and this is what I told my 4-year-old. *Motherly.*

<https://www.mother.ly/life/i-live-in-minneapolis-this-is-what-i-told-my-4-year-old>

RESEARCH EXPERIENCE

2014 - 2016

Research Coordinator/Qualitative Interviewer
Project HomeFront & DECIDE

Center for Chronic Disease Outcome Research

Minneapolis Veteran Affairs Health Care System, Minneapolis, MN

Laura Meis, Ph.D. (Principal Investigator) & Shannon Kehle-Forbes, Ph.D. (Principal Investigator)

Responsibilities: Worked in VA hospital setting to conduct qualitative research and collect data on evidence-based PTSD psychotherapies. Project managed and trained volunteers on multi-step qualitative interview protocol to help ensure project meets DoD grant deadlines. Recruited participants for qualitative interviews using IRB-compliant protocol. Collaborates with psychologists and anthropologist to revise qualitative interview scripts. Secured informed consent and conducts qualitative interviews with Veterans with PTSD, their support person, and their psychotherapist. Applied suicide risk assessment. De-identified and verified transcription for interviews with multiple speakers. Developed and applied coding scheme for qualitative analysis of interview transcripts using NVIVO. Appropriately used TMS and HIPAA trainings to comply with Federal research conduct guidelines. Entered health records into database and conducted quality assurance while protecting confidential information. Assisted PIs in developing qualitative protocol, including by recording notes for clinician focus group and drafting manuscripts. Collaborated with project and data team to improve existing qualitative

protocol, including overhauling data form to reduce errors and increase efficiency by over 10%. Completed project duties as needed, such as troubleshooting recording technology.

2013

Research Assistant

Society for Environmental Exploration, Nosy Be, Madagascar

Responsibilities: Surveyed wildlife endemic to Madagascar using various field methodologies, including qualitative behavior observation. Collected qualitative data and employed coding schemes and data reduction techniques to assist in data interpretation. Collaborated with research professionals and support staff across cultures to overcome potential barriers to completing research duties.

2008

Honors Thesis

The green cities: An exploration into the twin concepts of urban sustainability and conservation psychology

Macalester College Departments of Psychology and Geography, Saint Paul, MN

Joan Ostrove, Ph.D. (Supervisor)

Responsibilities: Completed conservation psychology literature review emphasizing behavior change theories. Conducted, recorded, transcribed, coded, and analyzed qualitative interviews to determine current and potential applications of psychological theories. Proposed best practices.

Capstone Project

For sale: Commercial centers

Macalester College Geography Department, Saint Paul, MN

David Lanegran, Ph.D. (Supervisor)

Responsibilities: Determined location of commercial real estate developments in the Crow River Watershed using field observation and public records. Examined the correlation of those developments with sewer and water, population density, retail establishments, and consumer spending in order to predict the pace and location of future development. Presented findings at Minnesota Undergraduate Research Conference.

2006 - 2008

Lab Manager

2005 - 2006

Research Assistant

Reasoning and Language Investigations Lab

Macalester College Psychology Department, Saint Paul, MN

R. Brooke Lea, Ph.D. (Principal Investigator)

Responsibilities: Developed and edited materials using psychology experiment software (E-Prime) for cognitive psychology research investigating language processing, including the development of pragmatic knowledge. Secured informed consent and ran participants. Coded results and analyzed data using statistical software for the social

sciences (SPSS). Promoted to Lab Manager in recognition of ability to successfully communicate and effectively work with professors, psychology department support staff, fellow research assistants, and participants. Implemented coordination of lab scheduling and information sharing using new web-based collaborative tools.

2006 - 2007

Research Assistant

Go North!

University of Minnesota, Minneapolis, MN

Aaron Doering, Ph.D. (Supervisor)

Responsibilities: Compiled and analyzed published research (including on biology, ecology, and sociology) and organizational documents for Adventure Learning curriculum relevant to Chukotka expedition. Successfully communicated and effectively worked with professors, explorers, and sponsors. Performed project tasks using Microsoft Excel and Adobe Photoshop.

2006

Capstone Project

Can we talk? The relationship between the use and frequency of modalities of communication and social well-being

Macalester College Psychology Department, Saint Paul, MN

Kendrick Brown, Ph.D. (Supervisor)

Responsibility: Investigated the correlation between the use and frequency of various modalities of communication (i.e., cell phone, instant message, and email) and social well-being (as measured by the UCLA Loneliness Scale) using online survey of 126 respondents. Analyzed results using SPSS and presented findings in APA-style paper.

January Term Independent Study

What is our responsibility? The impact of relief workers on Katrina survivors

Macalester College Psychology Department, Saint Paul, MN

Jaine Strauss, Ph.D. (Supervisor)

Responsibilities: Conducted literature review and completed field observation and semi-structured qualitative interviews in Mississippi Gulf region to investigate the psychological impact of relief workers on natural disaster survivors. Examined how the survivors' stage of emotional recovery and the behavior of the relief workers moderates this impact using analysis of detailed field notes.

CLINICAL EXPERIENCE

2023 - Present.

Classroom Volunteer

Groveland Park Elementary, St. Paul, MN

Responsibilities: Supported literacy and social-emotional learning for

kindergarteners at a Title I school.

- 2014 - 2015 Practicum Psychotherapist
Relate Counseling Center, Minnetonka, MN
Responsibilities: Completed a therapy practicum of over 800 hours, including over 225 client contact hours. Conducted diagnostic assessments, developed treatment plans, and performed psychotherapy using cognitive-behavioral and person-centered techniques at a non-profit community-based mental health clinic. Independently managed a caseload of more than a dozen clients, including children, adolescents, and adults. Actively participated in individual and group supervision and consulted with LPs, LICSWs, MFTs, and LPCCs.
- 2013 - 2014 Volunteer Receptionist
Walk-In Counseling Center, Minneapolis, MN
Responsibilities: Coordinated waiting room and managed counseling session flow during walk-in hours. Participated in and contributed to peer consultation team populated by licensed mental health professionals, including LPs, LICSWs, PsyDs, and PhDs. Shared and gained knowledge about counseling skills and psychotherapies, including for trauma- and stressor-related disorders. During tenure, Minnesota Psychological Association named Walk-In Counseling Center as the recipient of its 2014 Community Involvement Award in recognition of its past and present volunteers, the first time the award was given to an organization rather than one individual.
- 2005 Volunteer Residential Treatment Assistant
Bush Memorial Children's Center, Saint Paul, MN
Responsibilities: Collaborated with licensed mental health professionals to provide direct care to children with profound mental illness and behavioral health issues, including those who had experienced traumatic events. Interacted with patients in a variety of settings, including as part of group psychotherapy.

TEACHING EXPERIENCE

- 2014 - 2015 Graduate Assistant
Graduate School of Professional Psychology
University of St. Thomas, Minneapolis, MN
Christopher Vye, Ph.D. (Supervisor)
Responsibilities: Collaborated with professionals, including licensed psychologists, to complete special projects for the Graduate School of Professional Psychology. Special projects included: Compiling and analyzing research articles and primary sources to assist in producing a presentation for master's and doctoral students on diagnostic criteria for

mental health conditions (i.e., DSM-5, ICD-9-CM, and ICD-10-CM); evaluating potential faculty for counseling psychology professor position specializing in diversity issues; and preparing materials for master's level psychopathology course (regarding topics such sexual and gender identity disorders, trauma- and stressor-related disorders, substance-related and addictive disorders, suicidality, etc.).

- 2013 - 2014 Graduate Writing Consultant
University of St. Thomas, Minneapolis, MN
Responsibilities: Coached master's and doctoral students at all phases of the writing process to enhance the clarity and impact of their academic writing. Students rated 100% of these sessions as "good" or "excellent." Led workshops on skillful writing and special topics (e.g., APA style guidelines, writing for the social sciences, writing at the graduate level, etc.). Communicated with professors to ensure these one-on-one sessions and workshops matched academic requirements. Performed content editing, line editing, and copy editing.
- 2008 - 2009 Literacy Volunteer
Minnesota Literacy Council, Saint Paul, MN
Responsibilities: Taught reading, writing, and speaking skills primarily to refugees from Southeast Asia.

PROFESSIONAL EXPERIENCE

- 2018 - Present Freelance Writer
EPGE LLC
Saint Paul, MN
Responsibilities: Specializes in mental health and parenting. Service journalism has appeared in top digital outlets, including the American Psychological Association (APA), Everyday Health, Health, The New York Times, Romper, Verywell Mind, WIRED, and more. Attained professional memberships in the National Association of Science Writers (NASW), the Association of Health Care Journalists (AHCJ), and the American Society of Journalists and Authors (ASJA).
- 2013 - 2018 Freelance Editor
Minneapolis, MN
Responsibilities: Efficiently analyzes problematic academic writing for improvement opportunities. Elicits client goals for writing and then shares appropriate tools to support goal attainment.
- 2011 - 2013 Sustainable Transportation Planner
Department of Public Works
Saint Paul, MN

Responsibilities: Independently assessed problems and developed and enacted solutions (including big-picture and on-the-ground problem-solving) to enhance the City's alternative transportation profile. Leveraged limited resources by developing relationships and working effectively with a variety of staff and advocates and hiring and managing two interns. Expanded reach through establishing and updating print and web communications. Generated positive press via television, radio, and newspaper interviews. Coordinated high-profile projects (e.g., Nice Ride bike share) by working with diverse individuals from a variety of backgrounds. Developed systemic protocol to streamline projects, including analysis and data reduction techniques to quantify public comment. Led a team of staff from a variety of disciplines to plan the city's first bike boulevard using social psychology theories (e.g., social identity theory, normative social influence) and counseling skills (e.g., reflective listening, de-escalation) to improve project outcome. Presented innovative psychology-informed approach at a national transportation conference. Work recognized with Bicycle Friendly Community designation and Commuter Choice Award.

2010 - 2011

Planning Technician/City Planner
Department of Planning and Economic Development
Saint Paul, MN

Responsibilities: Autonomously identified and creatively addressed problems in order to promote sustainable urban development and improve efficiency in a government office. Designed and copyedited the 2020 Comprehensive Plan. Independently created a web-based database application for managing data on all department projects (i.e., established a project vision, developed a work plan, conducted research, wrote program using Oracle Application Express, led presentations to co-workers and leadership, and maintained database). Communicated and effectively worked with professionals, elected officials, business owners, advocates, support staff, and citizens from a variety of disciplines, settings, and backgrounds. Served as City ambassador to over a dozen regional events and workgroups, including those focused on public health. Participated in a variety of internal task forces and work groups, including the Green Building Policy workgroup, which was recognized with a Sustainable Saint Paul Award. Wrote and coordinated a successful submission for a U.S. Department of Transportation Tiger II Planning Grant. Sought knowledge about and complied with varied Federal and State regulations to successfully complete projects.

2008 - 2010

Planning Aide
Department of Planning and Economic Development
Saint Paul, MN

Responsibilities: Analyzed route and treatment options, managed communications, and responded to constituent concerns for the Bike Walk Central Corridor Action Plan. Led zoning study and public hearing process, including presenting at various stakeholder and City Council meetings on dynamic display signs and also general sign zoning code amendments. Independently redeveloped, managed, and maintained website and other external communications for department and Sustainable Saint Paul workgroup; Presented purpose and use of new websites to leadership, professionals, technical staff, and support staff. Encouraged behavior change of city staff through initiating, creating, and managing new events, including a year-long sustainability workshop series and a department-wide "floor wars" Commuter Challenge Event. Drafted, coordinated, and secured grants and designations, including the American Planning Association's Great Streets of America and the American Recovery and Reinvestment Act. Researched and complied with Federal and State regulations as they applied to project details, grant requirements, and public processes.

PROFESSIONAL AND ACADEMIC PRESENTATIONS

- 2023 Podcast Guest
Episode 40: The Paradox of Positivity – Balancing Support & Emotions
Sero Boost Podcast
Saint Paul, MN
- Podcast Guest
Episode 78: Patterns Revealed in a Memoir
The Courageous Wordsmith Podcast
Saint Paul, MN
- 2021 Guest Lecturer
Race in Developing Lives
PSYCH 350-01 Race in Developing Lives
Psychology Department
Macalester College, Saint Paul, MN
- Panelist
Macalester Alumni Anti-Racist Parenting Conversation
Macalester Alumni Board
Saint Paul, MN
- Reader

Yesterday and Today: An Evening of Expression

NYU SPS Student Council Community Service Community & Dovetail
the art and literary journal
New York City, NY

2020

Co-Facilitator

Macalester Alumni Anti-Racist Parenting Conversation
Macalester Alumni Board
Saint Paul, MN

Podcast Guest

Episode 38 Perfectly Imperfect Paradigm Shifts
The Courageous Wordsmith Podcast
Minneapolis, MN

2015

Symposium Presentation

Meis, L. A., Spont, M. R., Erbes, C. R., Polusny, M. A., Noorbaloochi, S., Hagel Campbell, E. M., Eftekhari, A. Kattar, K. A., Rosen, C., Tuerk, P. W., Velasquez, T. L., **Erickson**, E. P. G., Thompson, K., Stewart, K., & Vang, T.

Because I asked you to: The role of family in Veterans' engagement in trauma-focused treatment for PTSD

In C. Rosen (Chair), *Overcoming Barriers: Helping Veterans Access Effective PTSD Treatment*.

31st Annual Meeting of the International Society for Traumatic Stress Studies
New Orleans, LA

2014

Webinar Presenter

Mind your process: The psychology of public engagement
Association of Pedestrian and Bicyclist Professionals

Guest Lecturer

Trauma: Context and treatment
CPSY 652 Marriage Counseling
Graduate School of Professional Psychology
University of St. Thomas, Minneapolis, MN

2012

Conference Presentation

Shrink my problems: How psychology can save your public process
Pro Walk/Pro Bike/Pro Place Conference
Long Beach, CA

Guest Lecturer

Sustainable Transportation & the Bike Walk Central Corridor Action Plan

DES3331 Streetlife Urban Design Seminar
University of Minnesota, Minneapolis, MN

2011

Invited Speaker

Sustainable transportation & Saint Paul

Students for New Urbanism
University of Minnesota, Minneapolis, MN

Guest Lecturer

Sustainable transportation in Saint Paul

LA1001 Sustainability by Design: Community, Place, & Environment
University of Minnesota, Minneapolis, MN

Conference Speaker

Transportation session

Alliance for Sustainability Conference
Minneapolis, MN

2009

Conference Speaker

Twin Cities tour

American Planning Association National Conference
Minneapolis, MN

PROFESSIONAL DEVELOPMENT

2025

Science Journalism Master Classes (How to Spot Scientific Hype and Misinformation, How to Find an Angle for Any Science Story, How to Excel at Interviewing, How to Ace the Study Story, How to Own a Science Beat, How to Pitch Science Stories that Sell, How to Center People in Science Stories)

The Open Notebook

2024

Poynter ACES Certificate in Editing

Poynter/ACES

2022

Indexing as Creative Discovery

The Unexpected Shape Writing Academy (Esme Weijun Wang)
Online via Zoom

2021

Instant Gratification Takes Too Long

Private Class with Sue Shapiro

New York City, NY

2020

Writing Midlife and Beyond
New York University (Estelle Erasmus)
New York City, NY

How To Write Essays (Personal Essays, Op-Eds and Non-Fiction Essays)
The Loft Literary Center
Minneapolis, MN

2019

Writing the Brief Essay
The Loft Literary Center
Minneapolis, MN

Writing about Family: Taboos, Secrets, and Heirlooms
The Loft Literary Center
Minneapolis, MN

"Flash" Memoir: Life Stories in Under 500 Words
The Loft Literary Center
Minneapolis, MN

2015

Prolonged Exposure (PE) Therapy Training (17 hours)
Center for Deployment Psychology
Online via Second Life

Maureen Murdoch, MD, MPH on Persistent Serious Mental Illness in a Cohort of Former Applicants for PTSD Disability Benefits (1 hour)
Center for Chronic Disease Outcomes Research
Department of Veterans Affairs, Minneapolis, MN

Meredith Gunlicks-Stoessel, PhD on Interpersonal therapy for adolescents (1 hour)
University of Minnesota
Relate Counseling Center, Minnetonka, MN

Gary R. Schoener, M.Ed., LP on Ethics & boundaries in the age of technology (2 hours)
Walk-in Counseling Center Consultation & Training Institute
Relate Counseling Center, Minnetonka, MN

2014

Co-Analysis: Empowering team-based qualitative inquiry (6 hours)
Research Talk, Inc.
Department of Veterans Affairs, Minneapolis, MN

Laura Meis, PhD on Psychosocial family treatments for mental health conditions (1 hour)

Medicine Research Conference

Department of Veterans Affairs, Minneapolis, MN

Keith Renshaw, PhD on PTSD, deployment, and intimate relationships (1 hour)

George Mason University

Department of Veterans Affairs, Minneapolis, MN

Nina Sayer, PhD on Military to Civilian: RCT of online Expressive Writing in Iraq and Afghanistan War Veterans (1 hour)

Center for Chronic Disease Outcomes Research

Department of Veterans Affairs, Minneapolis, MN

What is PTSD? (1 hour)

The National Center for Post-Traumatic Stress Disorder

Department of Veterans Affairs Employee Education System

DSM 5: Updates from DSM IV (1 hour)

People Incorporated, Minneapolis, MN

I couldn't do what you do: Working with populations that trigger you (2 hours)

Alpha House & University of St. Thomas, Minneapolis, MN

Torture & Trauma: Awareness, Identification, and Treatment (2 hours)

The Center for Victims of Torture & University of St. Thomas,

Minneapolis, MN

Mind-body connections with Matthew Sanford (1 hour)

University of St. Thomas, Minneapolis, MN

Dan Siegel, M.D. on Attachment and the developing brain: Implications for mindful therapy (2 hours)

The Minnesota Association for Children's Mental Health, The Minnesota Association for Infant and Early Childhood Mental Health, The Center for Early Education and Development, (College of Education and Human Development, University of Minnesota), and University of St. Thomas - School of Social Work, Minneapolis, MN

2013

Jeffrey Prager's The intergenerational transmission of trauma:

Recovering humanity, repairing generations (2.5 hours)

University of Minnesota, Minneapolis, MN

Pathways to joy: An integrative approach to restoring resilience (3 hours)

Minnesota Psychological Association, Minneapolis, MN

Motivational interviewing training (9 hours)

People Incorporated, Minneapolis, MN

De-escalation training (3 hours)

People Incorporated, Minneapolis, MN

Cognitive-behavioral therapy for PTSD: A webinar for addiction professionals (1.5 hours)

Hazelden (Webinar)

Women, trauma, and addiction (1 hour)

Hazelden (Webinar)

Integrated treatment for trauma and addiction (1 hour)

Hazelden (Webinar)

Treating trauma and addiction webinar (2 hours)

Hazelden (Webinar)

Mindfulness-based stress reduction certification phase 1

Common Ground Meditation Center, Minneapolis, MN

Working with trauma survivors (2 hours)

University of St. Thomas, Minneapolis, MN

AFFILIATIONS

2024 - Present	ACES: The Society for Editing (Full Member)
2023 - Present	National Association of Science Writers (Professional Member)
2022 - Present	Association of Healthcare Journalists (Professional Member)
2021 - Present	American Society for Journalists and Authors (Professional Member)
2021 - Present	Association for Writers and Writing Programs (Member)
2021 - 2022	Minnesota State Arts Board (Artistic Evaluator)
2014 - 2016	CCDOR Qualitative Study Group (Member)
2013 - 2015	American Psychological Association (Student Affiliate)
	Graduate School of Professional Psychology Graduate Student Organization (Public Relations Chair, 2013 - 2014; President, 2014 - 2015), M.A. Advisory Committee (Member)
2012 - Present	Macalester College Alumni Book Club (Founder & Director)
2009 - 2013	Urban Land Institute/Regional Council of Mayors Environmental Subcommittee (Member)

2008 - 2013
2004 - 2008

Mayor's Sustainable Saint Paul Working Group (Member)
Macalester College Psychology Club (Vice President, 2007 - 2008)