

Lily J. Woods, MA, LAC

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Licensed Associate Counselor, AZ #LAC-22286

EDUCATION

- 2023 University of Arizona
M.A., Counseling
Specialization in Clinical Mental Health and Rehabilitation
Cumulative GPA: 4.0
- 2020 University of Arizona
B.A., Psychology; Sociology minor
Magna cum laude - Cumulative GPA: 3.7

PROFESSIONAL EXPERIENCE — RESEARCH

- 2023-- *Clinical Research Coordinator III, University of Arizona*
- PI Mechanisms Underpinning Maternal Health Laboratory
Elise Erickson, Ph.D., CNM, FACNM
- Primary research regulatory and multi-site coordinator for a R01 NIH funded study examining genetic and epigenetic biomarkers associated with complications during childbirth. Oversees regulatory requirements for both IRB and Banner-affiliated roles. Responsible for participant compensation and financial tracking. Enhances study promotional and recruitment pathways. Supervises staff activities and students.
- PI Bioanthropology of Reproductive Transformation and Health Laboratory
Julienne Rutherford Ph.D.
- Primary research coordinator for studies on biomarkers linked to placental development and maternal morbidity. Supports collaboration between labs, data analysis, and scientific literature management. Organizes and tracks human and non-human biospecimen samples and related processing.
- PI Mothers and Babies Project
Aleeca Bell, Ph.D., RN, CNM

Supported medical record abstraction for a four-year randomized clinical trial targeting mothers with a history of childhood adversity to promote mother-infant synchrony. Customized REDCap data collection instrument features such as branching logic, calculated fields, and validation rules to optimize data collection efficiency and accuracy.

2021-22

Grief, Loss and Social Stress Laboratory
Laboratory Coordinator I, University of Arizona
Mary-Frances O'Connor, Ph.D.

PI

Managed human subjects protocols, maintained online survey database, designed data collection instruments (surveys, informed consents) in REDCap, assisted with participant recruitment, trained and supervised an undergraduate research assistant, collaborated with study PI to manage IRB materials, conducted semi-structured clinical interviews with research participants, assisted with the preparation of grants (i.e., Institute for Mental Health Research seed grant, R21 grant, Faculty Pilot Grant). Through multidisciplinary collaboration, these two studies (N = 342, N = 70) sought to assess bereavement-related population health challenges in relation to the COVID-19 pandemic.

UNDERGRADUATE RESEARCH EXPERIENCE

2020

Grief, Loss and Social Stress Laboratory
Independent Research Course on Emotion Regulation
Mary-Frances O'Connor, Ph.D.

PI

Completed capstone project on the relationship between emotion beliefs, interpersonal emotion regulation, and psychological health outcomes in 156 widows and widowers while testing emotion suppression as a mediator. Results were accepted to be presented at the Association for Psychological Science Annual Convention.

2019-20

Grief, Loss and Social Stress Laboratory
Undergraduate Research Assistant, University of Arizona
Mary-Frances O'Connor, Ph.D.

PI

Participated in survey revisions, screened participants for eligibility, increased participant recruitment by 30% via social media outreach, ensured participants completed all daily study tasks, entered collected data into Excel, and trained five undergraduate research assistants in two daily diary studies. One which investigated the effects of living and imaginary social support on emotion regulation whilst testing the emotion regulation repertoire of social support (ERROSS) model. The second study surveyed well-being in first-generation college students.

2019-20

Psychology, Policy and Law Laboratory
Undergraduate Research Assistant, University of Arizona
Connie Beck, Ph.D.

PI

Cleaned data collected from 74 families (145 children) for a study that investigated risk and protective factors associated with families returning to the child welfare system.

2018-19

Neuroscience of Reinforcement Learning and Decision Making
Undergraduate Project Coordinator, University of Arizona
Robert Wilson, Ph.D.

PI

Managed and facilitated experiments with human subjects, which tested tactile and audio-tactile perception for adaptive feedback methods. Recruited, trained, and supervised 12 undergraduate research assistants and utilized Excel and Matlab programming to monitor data quality.

PROFESSIONAL EXPERIENCE — CLINICAL

2023--

Supervisor

Associate Therapist, Tucson Counseling Associates
Erica Saunders, LCSW

Provides supervised therapy to adolescents and adults in an outpatient group private practice setting. Administers assessments, uses the DSM-5-TR to diagnose conditions, formulates treatment plans, maintains EHR system. Engages in supervision. Participates in monthly didactic trainings which target core competencies: trauma informed care, social justice, psychedelics, relationships and community, mindfulness, and identity formation.

2023

Supervisor

Counseling Intern, Tucson Counseling Associates
600 Hour Internship
Erica Saunders, LCSW

Provided supervised therapy to adolescents and adults, ages 10 to 67, in an outpatient group private practice setting. Administered assessments, made diagnoses, formulated treatment plans, and maintained EHR system. Engaged in individual, triadic, and group supervision. Participated in monthly didactic trainings.

2022

Supervisor

Practicum Student, U.S. Department of Labor: Job Corps
100 Hour Practicum
Leonard Cagianca, Ph.D., Licensed Psychologist

Provided supervised brief therapy (3 to 10 sessions) and mental health assessments to students ages 16 to 24. Collaborated with health and wellness clinic staff, physician, psychiatrist, substance abuse and mental health counselors. Participated in mental health promotion and education. Attended weekly supervision.

2020-21

Case Manager, La Frontera Center
Developed, evaluated, and coordinated treatment

plans and recovery services for a caseload of 89 clients with serious mental illnesses (SMI) in an integrated behavioral health care setting.

2020 Recovery Technician, La Frontera Center
 Provided supervision, casework and medication management services, and basic counseling to clients in various settings: detoxification facility, acute psychiatric facility, healthcare residential facility, and day treatment.

CLINICAL & RESEARCH INTERESTS

Psychological adjustment
 Reproductive health
 Interpersonal neurobiology
 Psychophysiology
 Social determinants of health

PROFESSIONAL EXPERIENCE — TEACHING

Spring 2023 Graduate Teaching Assistant, University of Arizona
PSY 300: Introduction to Cognitive Neuroscience, 141 students |
 Instructor: Jean-Marc Fellous, Ph.D.
 Met with students and hosted weekly office hours to promote mastery of course content, including: neuroanatomy, sensation and perception, motor control, attention and consciousness, learning and memory, language, executive functions, social cognition, and related disorders. Graded assignments and exams; lectured as needed; hosted exam review sessions.

Fall 2022 Graduate Teaching Assistant, University of Arizona
PSY 101: Introduction to Psychology, Honors Section, 48 students |
 Instructor: Adam Lazarewicz, M.A.
 Met with students and hosted weekly office hours to promote mastery of course content, including: history of psychology, biological foundations of behavior, consciousness, cognition, motivation and emotion, human development, basic psychophysiology, personality and social psychology, psychological disorders, and methods of therapy. Graded assignments and exams.

Spring 2022 Graduate Teaching Assistant, University of Arizona
PSY 352: Personality, 191 students | Instructor: Jake Taylor, M.A.
 Met with students and held weekly office hours to promote mastery of course content, including: personality research methods and assessment, traits and types, personality development, personality processes, the intersection of personality and important life outcomes, and psychoanalysis. Graded assignments and exams.

Fall 2020 Undergraduate Co-instructor, University of Arizona

PSY 197A: Undergraduate Psychology Exploration Program
Co-facilitated a 1-hour weekly class of 20 undergraduate students.
Taught topics relating to fields of psychology, graduate school, goal setting, and campus resources.

SCIENTIFIC PRESENTATIONS

- 2024 Rutherford, J.N., Abrams, E., Erickson, E., Ruvalcaba, H., **Woods, L.**, Lapsley, S., Koenig, M.D. (2024, March). *Do biomarkers associated with placentation hold potential for early risk detection of postpartum hemorrhage?* Abstract accepted for podium presentation at the annual meeting of the American Association of Biological Anthropologists, Los Angeles, CA.
- 2022 **Merritt, L.J.**, Friedman, S.E., West, M.S., O'Connor, M.F. (2022, March). *Grief and loss during the COVID-19 pandemic: Exploring perceived physical health as a predictor for rumination.* Poster presented at the annual meeting of the American Psychosomatic Society, Long Beach, CA.
- 2022 Friedman, S.E., **Merritt, L.J.**, West, M.S., O'Connor, M. F. (2022, March). Pandemic Grief Study (PANGS): Acute grief of bereaved relatives following deaths during COVID-19. Poster presented at the annual meeting of the American Psychosomatic Society, Long Beach, CA.
- 2022 West, M.S., Friedman, S.E., **Merritt, L.J.**, & O'Connor, M.F. (2022, March). Bereavement in the COVID-19 Pandemic: The Grief Experience of African American & Latino Communities. Poster presented at the annual meeting of the American Psychosomatic Society, Long Beach, CA.
- 2020 **Merritt, L.**, Stelzer, E. (2020, December). *Emotion Beliefs and Adjustment to Loss: Testing a Mediation Model.* Poster presented at the Arizona Psychological Association Convention.
- 2020 **Merritt, L.**, Stelzer, E., Zhou, N., Killikelly, C. (2020, May). *Adjusting to Loss: How Beliefs About The Helpfulness of Others for Emotion Regulation Shape Grief Responses.* Poster accepted to the annual meeting of the Association for Psychological Science, Chicago, IL.

THESES

- 2017 “*Adjusting to Loss: How Beliefs About The Helpfulness of Others for Emotion Regulation Shape Grief Responses*” [undergraduate capstone thesis]. Advisor: Mary-Frances O'Connor, Ph.D.

MENTORSHIP EXPERIENCE

2020 Peer Mentor, University of Arizona

Held biweekly one-on-one meetings with 20 freshman psychology students. Discussion topics included career exploration, study skills, and extracurricular and research engagement.

HONORS & AWARDS

2020 Arizona Psychological Association Student Poster Contest Winner
2018-20 University of Arizona, Dean's List

SERVICE ACTIVITIES

2019-20 Diversity Committee, University of Arizona Psychology Department, Student Representative

PROFESSIONAL AFFILIATIONS

Current:

American Counseling Association
Postpartum Support International

Previous:

American Psychosomatic Society
Association for Psychological Science

MEMBERSHIPS

2021-23 Counselors for Social Justice, American Counseling Association
2019-20 University of Arizona Chapter, Psi Chi
2020 University of Arizona, Women in Medicine and Science

CERTIFICATIONS, TRAININGS & CONTINUING EDUCATION

2024 Stata Basics Workshop (2 days). Instructed by Dr. Bianca Manago. Statistical Horizons.

2023 Navigating Suicidality from an Abolitionist Lens. Kenya Crawford, LMHC.

2023 3-Level Ketamine Assisted Psychotherapy Provider Training. Tucson Counseling Associates.

2023 Holding Space for Pregnancy & Infant Loss (2 days). Chapters and

	Seasons.
2023	Advanced Perinatal Mental Health Psychotherapy Training (6 hours). Postpartum Support International.
2023	Mindful Mothering. Postpartum Support International.
2023	Birth Trauma, PTSD, and its Effect on Moms and Families. Postpartum Support International.
2022	Screening for Perinatal Emotional Distress. Seleni Institute.
2022	Sexual Orientation and Gender Identity: Supporting LGBTQ Youth, Families, and Communities. Southwest Behavioral and Health Services.
2022	Maternal Mental Health Certificate Training for Mental Health and Clinical Professionals (8-sessions). Postpartum Support International.
2021	R training sessions (biweekly). University of Arizona.
2021	Principles of fMRI course by Johns Hopkins University (Instructed by Drs. Tor Wager and Martin Lindquist). Coursera.
2020	Disability Identity Awareness certification (6 days). University of Arizona.
2019	Social and Behavioral Research Investigators training. The Collaborative Institutional Training Initiative (CITI). Renewal due.
2018	Human Research and Biomedical Research Investigators training. The Collaborative Institutional Training Initiative (CITI). Renewal due.

SPECIAL SKILLS

Familiarity with statistical software (R, SPSS, Stata)
 Training/experience with electronic health record systems (Avatar, Simple Practice, Cerner)
 Experience with scientific literature management systems (Zotero, Covidence)
 Training/experience with electronic data capture software (REDCap, Qualtrics)
 CPR, First Aid, and AED certification

REFEREES

Mary-Frances O'Connor, Ph.D.
 Associate Professor of Psychology
 The University of Arizona
 Email: mfo@arizona.edu

Connie Beck, Ph.D.
 Retired Associate Professor of Psychology
 The University of Washington-Tacoma
 Email: Beckcj@uw.edu

Ryan Davidson, Ph.D.
 Pediatric Psychologist, Boston Children's Hospital
 Instructor of Psychology, Harvard Medical School
 Email: ryan.davidson@childrens.harvard.edu