

Georica Gholson, PhD

Licensed Psychologist

PROFESSIONAL LICENSE

2016-Present State of Maryland, Licensed Psychologist #05896

EDUCATION

2013 Howard University
Doctorate of Philosophy, Clinical Psychology
Dissertation: "Psychosocial profile for patients at-risk for renal disease"

2009 Howard University
Masters of Science, Clinical Psychology

2005 University of Memphis
Bachelor of Arts, Psychology

CLINICAL EXPERIENCE

2016-Present **Kimberly M. Brooks, PhD and Associates**
Bowie, MD

Position: Clinical Psychologist

Population: Adolescents and Veterans

Responsibilities: Conducted psychoeducational, clinical, and cognitive assessments for children and adolescents to assess eligibility for special education services. Conducted cognitive evaluations for children seeking admission to private schools.

2011-2012 **Edward Hines, Jr. Veteran's Affairs Hospital (APA Accredited Internship)**
Chicago, IL

Position: Psychology Intern

Population: Veterans living with physical and psychological conditions; Hospital staff.

Responsibilities: Applied cognitive-behavioral therapy and health behavior coaching to primary care patients with medically-related issues (e.g. smoking cessation, weight loss, improving diet and physical activity, diabetes management, hypertension management). Performed crisis assessment and intervention for patients with suicidal ideation. Assisted in program outcome assessment and program development. Performed transplant evaluations. Conducted psychological testing for personality and cognitive needs. Provided mental health consultation for members of primary care team. Co-facilitated motivational interviewing training for nursing staff. Participated in planning and development of new and ongoing Health Promotion/Disease Prevention initiatives. Provided

evidence-based individual therapy for individuals living with chronic medical illnesses and psychological disorders, such as depression and anxiety. Provided consultation-liaison services and individual therapy for in-patient clients living with cancer. Facilitated a caregiver support group for cancer patients. Provided psycho-education and social skills training for Veterans living with severe mental illness (e.g., schizophrenia, schizoaffective disorder, depression with psychotic features). Participated in program development projects, such writing and/or updating course curriculum to reflect evidence-based practices, patient rehabilitation needs, and outcome measurement efforts. Provided individual and group therapy to help clients overcome substance abuse and address psychological issues (e.g. anger management, anxiety, and depression). Consulted and collaborated with psychologists, psychiatrists, social workers, addiction therapists, and registered nurses.

2010-2011

St. Elizabeths Hospital
Washington, DC

Position: Therapy and Assessment Extern

Population: Adults living in a psychiatric hospital with severe mental illness (e.g., schizophrenia, schizoaffective disorder, psychosis NOS)

Responsibilities: Provided long-term individual psychotherapy for geriatric adults living with severe mental illness. Conducted psychological evaluations to assess for cognitive, neurological, and personality difficulties. Conducted intake assessments for newly admitted patients with acute psychosis. Assisted in the treatment and discharge planning of patients.

2010-2011

Educational Advocates for Children, PLLC
Washington, DC

Position: Psychological Assessment Extern

Responsibilities: Performed psychoeducational evaluations and functional behavioral assessments to inform individualized education plans for students in special education. Conducted clinical interviews with students, parents, school staff, and social workers.

2009-2011

Harbor Light Substance Abuse Rehabilitation Center Treatment Center
Washington, DC

Position: Therapy and Psychological Assessment Extern

Responsibilities: Provided individual and group therapy to encourage sobriety and overcome psychological disorders, such as depression and anxiety. Conducted psychological evaluations to guide treatment and

discharge planning. Conducted crisis assessments and interventions. Consulted with substance abuse counselors and registered nurses.

2008-2009

Child Guidance Clinic, District of Columbia Superior Courts,
Washington, DC

Position: Psychological Assessment Extern

Population: Adolescents on probation

Responsibilities: Conducted psychological evaluations as well as sexual and violence risk assessments for adolescents on probation to guide the sentencing process. Consulted with probation officers, teachers, school staff, and parents. Co-facilitated group therapy for male juvenile sex offenders and their parents. Co-facilitated an anger management group for female juvenile offenders charged with assault. Provided long-term individual therapy to adolescents on probation for a variety of charges (e.g. robbery, theft, and assault). Therapy aimed to improve behavior and reduce recidivism rates. Co-facilitated weekly psychotherapy group for brief inpatient treatment who were living with severe mental illness, suicidal thoughts, and personality disorders.

2007-2008

Howard University Counseling Center at Howard University,
Washington, DC

Position: Therapy Practicum Student

Responsibilities: Conducted intake assessment and psychodynamic individual therapy with college students. Participated in outreach activities addressing psychological issues (e.g. depression and anxiety disorders) and risky health behaviors (e.g. sexual health and alcohol consumption) prevalent among college students.

2006-2007

Friendship Public Charter School
Washington, DC

Position: Psychology Assessment Practicum Student

Responsibilities: Conducted classroom observations as well as teacher and parent interviews. Administered and wrote integrative psychological assessments. Consulted with teachers and school administrators.

RESEARCH EXPERIENCE

2015-2016

Truven Health Analytics
Bethesda, MD

Position: Research Analyst II

Responsibilities: Used medical claims database to examine health outcomes

and healthcare costs related to various public health conditions. Applied ICD-9, ICD-10, NDC codes, and HCPCS in designing research outcomes. Examine side effects and associated healthcare costs for various medication classes. Drafted proposals, protocols, final reports, research plans, and statistical analysis plans. Conducted literature reviews and searches. Scheduled meetings for project teams. Interpreted results from quantitative statistical analyses.

2013-2015

Yale University – School of Nursing
New Haven, CT

Position: Postdoctoral Fellow

Projects: *Type 1 Diabetes Exchange Registry and Psychosocial and Behavioral Patterns in Adults with Type 1 Diabetes*

Responsibilities: Authored scientific manuscripts. Conducted extensive literature reviews. Present research at academic conferences. Developed and implemented a pilot study exploring psychosocial and physical factors in adults with type 1 diabetes. Conducted research examining health disparities among youth with type 1 diabetes. Conducted statistical analysis on quantitative data with SPSS. Collaborated on grant submissions for pilot study.

Principal Investigators: Georica Gholson, Ph.D., Robin Whittemore, Ph.D. and Margaret Grey, Ph.D.

2009-2013

Health Promotion and Risk Reduction Research Center, Howard University
Washington, DC

Position: Graduate Research Assistant

Project: *Minority Organ and Tissue Transplant Education Program (MOTTEP)*

Responsibilities: MOTTEP explored how psychosocial factors impact obesity, renal disease, neurological functioning and cardiovascular disease in African-American adults in the DC metro area. Authored manuscripts, a grant, and presented research at conferences. Additionally, mentored undergraduate students, contributed to writing an institutional review board application, and collaborated on other projects. Used statistical software (SPSS) to analyze data.

Principal Investigators: Denée Mwendwa, PhD and Regina Sims, PhD

2008

Howard University and Universiteit Utrecht
Washington, DC and Utrecht, Netherlands

Position: Exchange Student

Project: *Race, Ethnicity, and Migration Graduate Exchange Program (REM)*

Responsibilities: Attended research seminars on culture, ethnicity, immigration, and acculturation at Universiteit Utrecht. Developed a literature review paper about psychological well-being in Caribbean youth in the United Kingdom and United States.

Principal Investigators: Orlando Taylor, PhD

2005 - 2006

Behavioral and Environmental Community Health Lab, University of Memphis
Memphis, TN

Position: Research Assistant

Project: *Childhood Health Surveillance*

Responsibilities: Collected survey and anthropometric data from pediatric patients and their parents at a primary care clinic serving low socioeconomic status African and Latino immigrant families.

Principal Investigator: Bettina Beech, DrMPH

TEACHING EXPERIENCE

2013

Trinity Washington University
Washington, DC

Position: Adjunct Lecturer for Introduction to Psychology

Responsibilities: Created and gave lectures 2x/week. Designed syllabus, classroom assignments, and exams. Developed power point presentations for class lectures. Maintained a record of students' grades.

200-2011

Howard University
Washington, DC

Position: Teaching Assistant for Introduction to Clinical Psychology and Abnormal Psychology

Responsibilities: Planned and gave weekly lectures. Designed power point presentations for class lectures. Created and administered tests and quizzes. Assisted in maintaining a record of students' grades.

MANUSCRIPTS UNDER REVIEW

Callender, C.O., Mwendwa, D.T., **Gholson, G.**, Wright, R.S., Keen II, L., Adesibikan, B., Madhere, S. et al. (2016). BMI >30kg/m², Waist Circumference >40 inches, and GFR >130ml/min: Additional Risk Factors for African American Kidney Donation? *American Journal of Kidney Diseases* (under review).

PUBLICATIONS

McCarthy, M.M., Whittemore, R., **Gholson, G.**, & Grey, M. (2017). Self-management of Physical Activity in Adults with Type 1 Diabetes. *Applied Nursing Research*, 35, 18-23.

Gholson, G., Mwendwa, D.T., Sims Wright, R.C., Callender, C.O., & Campbell, A.L. (2015) The Combined influence of psychological factors on biomarkers of renal functioning in African Americans. *Ethnicity & Disease, 25(2), 117-122.*

Mwendwa, D.T., **Gholson, G.,** Sims, R.C., Levy-Massey, S.A., Ali, M., Harrell, C.J., Callender, C.O., & Campbell, A.L. (2011). Coping with perceived racism: A significant factor in the development of obesity in African American women. *Journal of the National Medical Association, 103(7), 602-608.*

PUBLISHED ABSTRACTS

Gholson, G., Whittemore, R., & Grey, M. (2015). *Racial and ethnic differences in stress and health outcomes in adults with type 1 diabetes. Diabetes 64: Supplement 1 A214.*

McCarthy, M.M., Whittemore, R., **Gholson, G.,** Grey, M. (2015). Exercise and HbA1c in Adults with Type 1 Diabetes: A secondary data analysis using data from the T1D Exchange. *Diabetes 64: Supplement 1 A623-A635.*

ORAL PRESENTATIONS

Gholson, G., Whittemore, R., & Grey, M. (2015). *Racial and ethnic differences in stress and health outcomes in adults with type 1 diabetes.* Poster presented and selected for the Guided Audio Tour at the American Diabetes Association 75th Scientific Sessions. Boston, MA.

Gholson, G., Whittemore, R., & Grey, M. (2015). Ethnic differences in psychosocial factors, HbA1c and BMI in adolescents with type 1 diabetes (T1D). Poster presented at the 36th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. San Antonio, TX.

Gholson, G. & McCarthy, M. (2014). Psychosocial and behavioral factors influencing health outcomes in adults with type 1 diabetes: An interdisciplinary partnership. Scholar's Day at Yale University School of Nursing, New Haven, CT.

Gholson, G., Mwendwa, D.T., Sims, R.C., Callender, C.O., & Campbell, A. (2014). Psychosocial aspects in the decline of renal functioning. Poster presented at American Psychological Association 122nd Annual Convention. Washington, DC.

Mwendwa, D.T., Brown, T., **Gholson, G.,** Ali, M., & Sims, R.C. (2014). The Influence of sleep on the association between depressive symptoms and BMI in middle-aged African Americans. Poster presented at American Psychosomatic Society 72nd Annual Scientific Meeting. San Francisco, CA.

Ali, M., Keen, L., Bygrave, D., Jones, V., **Gholson, G.,** Mwendwa, D., Sims, R. Ramsey, N., Ricks, M., Callender, C., & Sumner, A. (2012) Chronic kidney disease risk in African immigrants. Poster to be presented at the 33rd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. New Orleans, LA. [Also Presented at Howard University Graduate School Research Symposium. Washington, DC, 2012 *Second Place Winner]

Zerth, E.O., Horn, J., Davis, M., Farrell, M., Archer, N., Evanson, M., **Gholson, G.**, Geiger, K., & Chor, P. (2011). Hines VA Hospital Primary Care Behavioral Health Program (PCBH). Presentation at the VISN 12 PC-MHI Conference. Chicago, IL.

Zerth, E.O., Horn, J., Davis, M., Farrell, M., Archer, N., Evanson, M., **Gholson, G.**, Geiger, K., & Chor, P. (2011). How to integrate with Patient Alliance Care Team (PACT). Presentation at the VISN 12 PC-MHI Conference. Chicago, IL.

Ali, M., Mwendwa, D.T., Sims, R.C., Madhere, S., **Gholson, G.**, Levy-Massey, S., Callender, C.O., & Campbell, A. (2011). Empirically derived components of the Cook-Medley Scale and Inflammation in African Americans. Poster presented at the Annual Meeting of the American Psychosomatic Society. San Antonio, Texas.

Levy-Massey, S.A., Sims, R.C., Mwendwa, D.T., Ali, M.K., **Gholson, G.**, Callender, C.O., & Campbell, A.L. (2011). Coping with perceived racism and dispositional hostility as indicators of cardiovascular disease risk in African Americans. Poster presented at the Annual Meeting of the American Psychosomatic Society, San Antonio, Texas.

Gholson, G., Ali, M., Mwendwa, D.T., Sims, R.C., Thomas, J., Callender, C.O., & Campbell, A.L., (2010). Coping with perceived racism: A significant factor in the development of obesity in African American women. Blue Ribbon Distinction. Poster presented at the International Society on Hypertension in Blacks Annual Conference, Washington, DC.

Callender, C.O., Mwendwa D.T., Thomas, J., Sims, R.C., **Gholson, G.**, Campbell, A., Madhere, S. (2010). High BMI, increased waist circumference and elevated GFR: A new relative contraindication to African American kidney donation. Poster presented at the XXIII International Congress of The Transplantation Congress, Vancouver, BC, CA.

Gholson, G., Mwendwa D.T., Thomas, J., Sims, R.C., Callender, C.O., Campbell, A. (2010). Obesity indices as predictors of kidney functioning. Poster presented at the Howard University Graduate Symposium, Washington, DC.

GRANTS

Funded Extramural Grants

\$70,000 Postdoctoral Research Training Program in Type 1 Diabetes
National Institute of Diabetes and Digestive and Kidney Diseases
MPI 1 T32 DK 097718-01
Timeline: 2013-2015
Principal Investigator: Margaret Grey, Ph.D.
Co-Investigator: Robin Whittemore, Ph.D.

\$1500 Behavioral and Psychosocial Patterns in Adults Type 1 Diabetes
National Nursing Honor Society, Delta Mu Chapter
Timeline: 2014-2015

Principal Investigator: Georica Gholson, PhD

Co-Investigator: Margaret McCarthy, Ph.D.

Unfunded Grant Submissions

\$275,000 Lowering Chronic Kidney Disease Risk Through Obesity Reduction: A Faith-Based Application of the BE-BLESSED Framework
National Center for Minority Health and Health Disparities Innovative Faith-Based Approaches to Health Disparities Research (R21)
Submitted: 2010
Principal Investigator: Denée Mwendwa, Ph.D.
Co-Investigators: Georica Gholson, PhD, Regina Sims, Ph.D., Mana Ali, M.S.

HONORS & AWARDS

2015 Fellow at 75th Annual American Association of Diabetes Conference
2015 Society of Behavioral Medicine Conference Early Career Travel Award (\$500)
2014 American Psychological Association Annual Convention
Early Career Travel Grant (\$750)
2012 Scholarship Award to Attend American Psychological Association (APA): Society for the Psychological Study of Culture, Ethnicity and Race Conference
2007-2011 Howard University Teaching Assistantship
2009 Excellence in Campus Leadership Award (ECLA) for Campus Representatives from American Psychological Association for Graduate Students
2009 Clinical Psychology Stimulus Grant Recipient
2008 Travel Award for Race, Ethnicity, and Migration Graduate Exchange Student at Utrecht University in Utrecht, Netherlands

POLICY EXPERIENCE

2008-2010 **American Psychological Association of Graduate Students**
Washington, DC

Position: Campus Representative for Howard University

Responsibilities: Informing students in the psychology department about issues and legislation relevant to psychology and graduate students. Encouraging communication between graduate students and the American Psychological Association. Providing information and resources about legislative issues affecting psychology, clients, and graduate students. Serving as a liaison between graduate students and the state association for psychology.

SCHOLARSHIPS, ASSISTANTSHIPS, HONORS, AND AWARDS

2012	American Psychological Association (APA) Division: 45 Conference Student Scholarship Award
2007-2011	Howard University Teaching Assistantship
2009	Excellence in Campus Leadership Award (ECLA) for Campus Representatives from American Psychological Association for Graduate Students
2009	Clinical Psychology Stimulus Grant Recipient
2008	Race, Ethnicity, and Migration Graduate Exchange Student
2005	Magna Cum Laude
2002-2005	Golden Key Club International Student Member
2002-2005	Phi Beta Kappa Student Member
2002-2005	University of Memphis Honors Society Member

OUTREACH EXPERIENCE

2011	Health Fair at Aurora Community-Based Outreach Clinic at Edward Hines, Jr. VA Hospital
2009	Howard University Student Health Fair at Howard University
2008	Howard University Spring Break Health Fair at Howard University

TRAINING SEMINARS

2011	Cognitive Processing Therapy Seminar for Trauma Survivors at Edward Hines, Jr. VA Hospital
2010	Training Seminar in PAI/PAI-CS and NAB at St. Elizabeths Hospital
2010	Spring Training 2010: Marijuana Uses, Abuses, Treatments, and Policies at Howard University
2009	Spring Training 2009: Innovative Approaches to Hard Economic Times Seminar at Howard University
2008	Spring Training 2008: Healing Through Stories: A Multicultural Narrative Therapy Seminar at Howard University

ORGANIZATION EXPERIENCE

2010	Internship Seminar, American Psychological Association of Graduate Students and Howard University
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PROFESSIONAL MEMBERSHIPS

American Psychological Association DIV45: Society for the Psychological Study of Ethnic and Minority Issues
 American Psychological Association DIV38: Health Psychology
 Association of Black Psychologists

American Psychological Association

VOLUNTEER EXPERIENCE

2012 All-Star Project of Chicago
2011 Campaign for Better Health Care

PROFESSIONAL SERVICE

2011 Edward Hines, Jr. VA Health Promotion/Disease Prevention Committee
2011 Edward Hines, Jr. VA Health Promotion/Disease Prevention Outcome Data
Committee