

Curriculum Vitae
Melanie Watkins Fischer, M.A.

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Education

- 2016-present **Doctoral Student, Clinical Psychology**
Indiana University-Purdue University Indianapolis (APA Accredited)
Indianapolis, IN
Advisor: Michelle Salyers, PhD
- 2014-2015 **Masters of Arts, General Psychology**
Boston University
Boston, MA
Advisors: Kim Mueser, PhD, Susan McGurk, PhD and Michael Otto, PhD
- 2007- 2011 **Bachelor of Arts, Psychology, magna cum laude**
University of Richmond
Richmond, VA
Honors Thesis: Co-rumination, Coping, and Social Support: Explaining Adjustment Trade-offs in Coping Styles and Social Support.
Advisor: Catherine Bagwell, PhD
- Fall 2009 Universidad de Pablo de Olavide
Seville, Spain

Funding and Fellowships

- Clinical Psychology Conference Travel Award, IUPUI (Fall 2017) (\$500)
- GPEG travel award, IUPUI (Fall, 2017) (\$500)
- Clinical Psychology International Conference Travel Award, IUPUI (Spring 2017) (\$400)
- School of Science Graduate Student Council Travel Funding Award, IUPUI (Spring 2017) (\$150)
- UR Department of Arts and Sciences Research Grant, University of Richmond (Spring 2011) (\$250)
- UR Bonner Center for Civic Engagement Collaborative Research Fellowship (Summer 2009) (\$4,000)

Peer-Reviewed Publications

1. Salyers, M. P., **Watkins, M. A.**, Painter, A., Snajdr, E. A., Gilmer, L. O., Garabrant, J. M., & Henry, N. H. (2018). Predictors of burnout in public library employees. *Journal of Librarianship and Information Science.*
2. McGurk, S. R., Mueser, K. T., **Watkins, M. A.**, Dalton, C. M., & Deutsch, H. (2017). The feasibility of

implementing cognitive remediation for work in community based psychiatric rehabilitation programs. *Psychiatric Rehabilitation Journal*, 40(1), 79-86.

3. Keshishian, A. C., **Watkins, M. A.** & Otto, M. W. (2016). Clicking away at co-rumination: Co-rumination correlates across different modalities of communication. *Cognitive Behaviour Therapy*, 45(6), 473-478.

Manuscripts submitted or under review

1. Pullen, E., Salyers, M.P., **Watkins, M.A.**, Rollins, A.L., Morse, G., Garbarant, J. M Racial Disparities in the Workplace: The Impact of Isolation on Perceived Organizational Support and Job Satisfaction. (Under Review at *Journal of Behavioral Health Sciences and Research*).
2. Luther, L.L., **Fischer, M.W.**, Firmin, R.L. & Salyers, M.P. Clarifying the Overlap Between Motivation and Negative Symptom Measures in Schizophrenia Research: A Meta-Analysis (*Under review at Schizophrenia Research*).

Manuscripts in preparation

1. **Fischer, M.W.**, Thoele, KM, Rollins, A.L., Azar, J.M., Garabrant, J.M., Henry, N.H., & Salyers, M.P. Nurse burnout: Impact on quality of care, administrative costs, and patient safety (In preparation to submit to *Clinical Journal of Oncology Nursing*).
2. **Fischer, M.W.** Phelan, P., Vohs, JN, Lysaker, PH, Metacognitive capacity and social functioning in schizophrenia (In preparation to be submitted for special issue "Schizophrenia: core pathology and spectrum for future treatment" in *Psychiatry and Clinical Neurosciences*)
3. **Fischer, M.W.**, Firmin, R.L., Sheehan, L.L., Corrigan, P.W., Johnson-Kwochka, A.V. & Salyers, M.P. *Patient, client, consumer, or service user: Does label make a difference?* (In preparation)
4. Johnson-Kwochka, A.V., Luther, L. L., **Fischer, M.W.** Rollins, A.L.,... & Salyers, M.P. Identifying the impact of staff turnover on client level outcomes (In preparation).
5. **Fischer, M.W.**, Johnson-Kwochka, A.V., Rollins, A.L & Salyers, M.P. Predicting turnover in mental health workers. (In preparation).
6. Arballo, J., **Fischer, M.W.**, Salyers, MP, McGrew, JH, & Ruble, LA. Meta-analysis of interventions to reduce special education teacher burnout. (in preparation)
7. **Fischer, M.W.**, ... & Salyers, M.P. Emotional Labor and burnout over time in Mental Health providers. (In preparation).
8. **Fischer, M.W.**, Johnson-Kwochka, A.V., Salyers, MP, & Luther, L.L. Distress Intolerance predicts attitudes towards recovery in consumers with schizophrenia.

Presentations

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1. **Watkins, M.A.**, Bonfils, K.A., Zaborenko, C., Drieson, K. C., & Salyers, M.P. (2018, November). *CommonGround: An Exploration of Positive and Negative Experiences of the Program*. Poster accepted for presentation at the fifty-second annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
 2. **Watkins, M.A.** Phelan, P., Vohs, J., Hasson-Ohayon I, & Lysaker (2018, September) *Metacognition and Specific Components of Social Functioning*. Poster accepted for presentation at the thirty-second annual meeting of the Society for Research in Psychopathology, Indianapolis, IN.

3. Luther, L., **Watkins, M.A.**, Johnson-Kwochka, A.V., Minor, K.S., & Salyers, M.P. (2018, September). *Mobile enhancement of motivation in schizophrenia: A pilot trial of a text-message intervention to improve motivation*. Poster accepted for presentation at the thirty-second annual meeting of the Society for Research in Psychopathology, Indianapolis, IN.
4. Johnson-Kwochka, A.V., **Watkins, M.A.**, Salyers, M.P., Minor, K.S., & Luther, L. (2018, September). *The relationship between current symptoms and motivation deficits in schizophrenia*. Poster accepted for presentation at the thirty-second annual meeting of the Society for Research in Psychopathology, Indianapolis, IN.
5. Luther, L., **Watkins, M.A.**, Johnson-Kwochka, A.V., & Salyers, M.P. (2018, April). *Mobile enhancement of motivation in schizophrenia: Improving motivation with text-messages*. Poster presented at the 2018 Translational Science Conference, Washington, D.C.
6. Love, A. M., Ruble, L. A., Salyers, M. P., McGrew, J. H., **Watkins, M. A.**, & Yu., Y. (2018, February). Understanding special education teacher burnout. Paper presented at the National Association of School Psychologists Annual Convention, Chicago, IL.
7. Luther, L., **Watkins, M.A.**, Johnson-Kwochka, A.V., & Salyers, M.P. (2018, April). *Employing text-messages to improve motivation: Mobile enhancement of motivation in schizophrenia*. Poster presented at the 6th Biennial Schizophrenia International Research Society Conference, Florence, Italy.
8. Coffin, G. M., Salyers M.P., **Watkins, M.A.**, & Luther, L. (2017, November). *Concordance of self-reported, observer-rated, and performance-based motivation measures in schizophrenia*. Poster presented at the 2017 Indiana Psychological Association in Indianapolis, Indiana.
9. **Watkins MA**, Firmin, RL, Sheehan, LL., Corrigan, PW, & Salyers, MP. (2017, September). *Labels that carry the greatest stigma: Implications for mental health treatment and service engagement.*. Poster presented at the Society for Research on Psychopathology, Denver, CO.
10. Pullen, E., Rollins, A., Morse, G., Salyers, M. & **Watkins, M.** (2017, June). *Racial disparities in the workplace: The role of social isolation, burnout, and organizational support*. Poster presented at NetSci 2017, Indianapolis, IN.
11. **Watkins MA**, Firmin, RL, Sheehan, LL., Corrigan, PW, & Salyers, MP. (2017, March). *What's in a name?: Preferences regarding language for physical and mental illness among people with and without mental health diagnoses*. Poster presented at the International Congress of Schizophrenia Research, San Diego, CA.
12. Kim, M., Millner, U., & **Watkins, M.** (2016, May). *Cultural Differences in the Meaning of Work for Individuals Living with Mental Illness*. Poster presented at the Annual Psychiatric Rehabilitation Association Recovery Workforce Summit, Boston, MA.
13. Keshishian, A., **Watkins, M.** & Otto, M. (2016, April). *Clicking away at co-rumination: co-rumination correlates across different modalities of communication*. Poster presented at Anxiety and Depression Conference, Philadelphia, PA.

14. Lo, S., **Watkins, M.**, McGurk, S., Mueser, K. (2015). Cognitive Remediation for Psychiatric Disorders [Fact sheet]. Retrieved at http://www.abct.org/Information/?m=mInformation&fa=fs_COGNITIVE_REMEDIATION
15. McGurk, S., Mueser K., & **Watkins, M.** (2015, March). *The Role of Strategy Coaching in Response to Cognitive Remediation*. PowerPoint presented at International Congress of Schizophrenia, Colorado Spring, CO.
16. **Watkins, M.A.**, Villani, A., & Bagwell, C.L. (2011, May). *Co-rumination, Coping, and Social Support*. Poster presented at the Arts and Sciences Research Symposium at the University of Richmond, Richmond, Virginia.
17. **Watkins, M.A.**, Villani, A., & Bagwell, C.L. (2011). *Co-rumination, Coping, and Social Support: Explaining Adjustment Trade-offs in Coping styles and Social Support* Paper presented at the Arts and Sciences Research Symposium at the University of Richmond, Richmond, Virginia.
18. Sears, K., Steadman, K., Jarboe, A., & **Watkins, M.** (2011, May). *The Effect of Comfort Food on Stress Responses in Binge Eating Disorder*. Poster presented at the Arts and Sciences Research Symposium at the University of Richmond, Richmond, Virginia.
19. Steadman, K., Sears, K., Jarboe, A. , & **Watkins, M.** (2011, May). *Cardiovascular Stress Reactivity in Women with Binge Eating Disorder*. Poster presented at the Arts and Sciences Research Symposium at the University of Richmond, Richmond, Virginia.
20. Bagwell, C. L., Jenchura, E., Preddy, T. M., & **Watkins, M. A.** (2010, March). *Cross-Cultural Differences in Social Support Networks in Emerging Adulthood*. Poster presented at the Biennial Meeting of the Society for Research on Adolescence, Philadelphia, PA.
21. Preddy, T. M., **Watkins, M. A.**, & Bagwell, C. L. (2010, March). *Observations of co-rumination between friends in emerging adulthood*. Poster presented at the Biennial Meeting of the Society for Research on Adolescence, Philadelphia, PA.
22. Clark, K., Files-Aime, L., Greenspan, E., Kelly, B., Larsen, K., Llano, M., Palmer, B., Preddy, T. , Rhaney, K., & **Watkins, M. A.** (2010, April). *Co-rumination in Three Close Relationships*. Poster presented at the Arts and Sciences Research Symposium at the University of Richmond, Richmond, Virginia.
23. Patel A, Mechlin B, **Watkins M**, & Girdler S. (2009, March). *Menstrual Cycle, Race, and Hemodynamic Responses to Stress*. Presented at the 67th Annual American Psychosomatic Society Scientific Meeting, Chicago IL

Supervised Clinical Experience

August 2017- present

**Richard L. Roudebush Veteran's Administration Medical Center
Psychosocial Rehabilitation and Recovery Center (PRRC)**

Supervisor: Paul Lysaker, Ph.D., HSPP

Worked 12-20 hours per week providing psychotherapeutic services within the PRRC. Facilitated and co-facilitated group therapy including Illness Management and Recovery, process groups, and groups designed to build mindfulness skills. Provided individual long-term Metacognitive Reflection and Insight Therapy (MERIT) to six veterans and one couple. Tracked Veteran

progress using the Metacognitive Assessment Scale; tracked therapist performance session-to-session using the Therapist Metacognitive Adherence Scale (TMAS). Recorded all clinical communications with Veterans utilizing electronic progress notes. Received weekly supervision with a creator of Metacognitive therapy and licensed clinical psychologist, Dr. Paul Lysaker, PhD.

Research Experience

- March 2015-May 2016 **Research Fellow**, Boston University Center for Psychiatric Rehabilitation, Boston, MA
Supervisors: Kim Mueser, PhD; Susan McGurk, PhD; Zlatka Russinova, PhD
- September 2014- April 2016 **Research Assistant/ Clinical Rater**, Center for Anxiety and Related Disorders, Boston, MA
Supervisor: Michael Otto, PhD
- October 2011- March 2014 **Clinical Research Assistant**, CBH Health, LLC., Rockville, MD
Supervisor: Robert E. Litman, MD, Medical Director and Principal Investigator
- August 2011- May 2011 **Principal Investigator**, Honors Research in Psychology, University of Richmond, Richmond, VA
Supervisor: Catherine Bagwell, PhD
- January 2011-May 2011 **Research Assistant**, University of Richmond
Supervisors: Rebecca Klatzkin, PhD; Jane Berry, PhD
- May 2010- January 2011 **Research Specialist**, University of Virginia Center for Addiction Research and Education, Department of Psychiatry and Neurobehavioral Sciences, Richmond, VA
Supervisors: Karen Ingersoll, PhD & Jennifer Hetteema, PhD.
- May 2008- August 2008 **Research Assistant**, University of North Carolina Department of Psychiatry Research, Chapel Hill, NC
Advisor: Susan Girdler, PhD

Assessment Experience

- Symptom Assessments Structured Clinical Interview for DSM-IV (SCID-I)
Structured Clinical Interview for DSM-5
Beck Depression Inventory (BDI-II)
The State-Trait Anxiety Inventory (STAI)
Montgomery-Asberg Depression Scale (MADRS)
Henrich's Quality of Life Scale (H-QOL)
Brief Psychiatric Rating Scale (BPRS)
Internalized stigma of Mental Illness Scale (ISMI)
Positive and Negative Syndrome Scale (PANSS)
Clinical Assessment Interview for Negative Symptoms (CAINS)
Strauss and Carpenter Prognostic Scale (SCPS)
- Personality Assessments Minnesota Multiphasic Personality Inventory (MMPI-2)

	Millon Clinical Multiaxial Inventory (MCMI-III)
Intelligence/Achievement Assessments	Wechsler Adult Intelligence Scale IV (WAIS-IV) Wechsler Intelligence Scale for Children IV (WISC-IV) Wechsler Intelligence Scale for children V (WISC-V) Woodcock-Johnson-III Tests of Achievement
Cognitive Assessments	MATRICES Consensus Cognitive Battery (MCCB) Metacognitive Assessment Scale (MAS)
Other Assessments	Recovery Assessment Scale (RAS) Adult State Hope Scale Quality of Life Index (QOL) Distress Intolerance Index (DII) Anxiety Sensitivity Index (ASI-III)

Trainings

2016-Present	Proseminar in Clinical Psychology Weekly professional development course covering a range of advanced clinical topics and research methods, including case conferences, clinical skills, evidence-based practices, publications and writing style, supervision, teaching, internships, post-doctoral opportunities, licensure, grants, diversity, consultation, and professionalism.
April 2018	Client Centered Therapy: A New Therapy for Each Patient One full day workshop conducted by Dr. John Norcross examined strategies for tailoring therapy differently depending on individual characteristics of the client, such as adjusting style based on reactance level, meaningful preferences, stages of change, and coping style
August 2017	Meta-analysis Workshop Two full day sessions and interactive workshop training about how to conduct a meta-analysis.
January 2017	Cognitive Behavioral Therapy for Insomnia Workshop One full day of sessions and interactive workshop training how to conduct CBT-I.
October 2016	Burnout Reduction Workshop (B.R.E.A.T.H.E.) Conducted by Dr. Angela Rollins, this two day workshop focused on burnout reduction in mental health providers. This workshop taught strategies to reduce burnout, while also prevent relapse.
August 2016	Bayesian Analyses workshop Presented by John Krushke, Ph.D., Professor, Indiana University. Two days of instruction in the mathematical basis and statistical computation of Bayesian analysis in statistical analysis program, R. Extensive discussion of proper interpretation and practical utilization of this technique.

Teaching Experience

August 2016- May 2017

Teaching Assistant, Introduction to Psychology (Online)

Department of Psychology, IUPUI

Online section of Psy-B110, Introduction to Psychology

August 2010-May 2011

Teaching Fellow, Introduction to Psychology

Department of Psychology, University of Richmond

Co-taught with one senior psychology major two in-person sections per week of lab sections of PSY-100

Relevant Coursework

Spring 2018

Ethics and Diversity

Summer 2017

Seminar in Teaching Psychology

Spring 2017

**Psychological Assessment II: Personality Assessment
Intervention II: Cognitive Behavioral Therapy**

Fall 2016

**Psychological Assessment I: Intelligence Testing
Intervention I: Counseling Approaches
Psychopathology**

Spring 2015

Empirically Supported Treatments

Other Professional Activities

Ad hoc reviewer (mentored by Dr. Michelle Salyers) for:

- *Administration and Policy in Mental Health and Mental Health Services Research*
- *Stigma and Health*