

Monica Beals

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Education

Ph.D. Social/Personality Psychology; Expected 2024
University of California Riverside; Riverside, California

M.A. Clinical Psychology with Health Psychology Emphasis; 2016
Northern Arizona University; Flagstaff, Arizona

B.S. Psychology; 2012
University of Arizona; Tucson, Arizona

A.A. General Studies; 2010
Arizona Western College; Yuma, Arizona

Professional Positions

Graduate Research and Teaching Assistant at University of California, Riverside Fall 2019-Present

Part-Time Instructor at Northern Arizona University (Yuma, AZ) Fall 2018-Spring 2019

Full-Time Instructor at Northern Arizona University (Flagstaff, AZ) Fall 2016-Spring 2018

Peer-Reviewed Publications

Piper, B.J., **Beals, M.L.**, Abess, A.T., Nichols, S.D., Martin, M.B., Cobb, C.M., & DeKeuster, R.M. (2017). Chronic pain patients' perspectives of medical cannabis. *Pain, 158*(7), 1373-1379.

Piper, B.J., DeKeuster, R.M., **Beals, M.L.**, Cobb, C.M., Burchman, C.A., Perkinson, L., Lynn, S.T., Nichols, S.D., & Abess, A.T. (2017). Substitution of medical cannabis for pharmaceutical agents for pain, anxiety, and sleep. *Journal of Psychopharmacology, 35*(5), 569-575.

Manuscripts in Progress

Beals, M. & Birkett, M. (in prep). Self-compassion and empathy in caregiver and comparison groups: Differences in negative components.

Beals, M. & Collier A. (in prep). Using art making to enhance student learning and decrease perceived social distance in Abnormal Psychology courses.

Presentations

Beals, M., Abess, A. Cobb, C., Nichols, S., & Piper, B. *The Highs and Lows of Medical Cannabis: A Patient Perspective*. Rocky Mountain Psychological Association; Denver, CO; April 2018.

- Hallett, N., Collier, A., **Beals, M.**, & Daiss, S. *Student Made Art as a Way to Increase Learning and Empathy and Decrease Stigma in Abnormal Psychology Courses*. Northern Arizona University Poster Symposium; Flagstaff, AZ; April 2018.
- Beals, M.**, Triplett, R., & Birkett, M. *Lower Self-Compassion Among Parents with a Mental Health Diagnosis*. Association for Psychological Science; San Francisco, CA; May 2018.
- Beals, M.**, Triplett, R., & Birkett, M. *Does Having a Mental Health Diagnosis Influence Self Compassion? An Examination Among Biological Parents*. Rocky Mountain Psychological Association; Denver, CO; April 2018.
- Beals, M.**, Abess, A., Nichols, S., Perkinson, L., Lynn, S., Martin, M., Cobb, C., DeKeuster, R., & Piper, B. *Medical Cannabis: Patient Reports of Highs and Lows*. Western Psychological Association; Sacramento, CA; April 2017.
- Gray, M., Winakur, P., Parada, J., **Beals, M.**, Birkett, M. *Parental Self-Compassion and Empathy: Relationship to Children's Peer Problems and Pro-Social Behavior*. Western Psychological Association; Sacramento, CA; April 2017. Winner of WPA Student Scholarship Award.
- Beals, M.**, Williams, A., Frazee, T., & Birkett, M. *Are Parents Prosocial?* Western Psychological Association; Long Beach, CA; April 2016.
- Beals, M.**, Lane, T., Frazee, T., & Birkett, M. *Play the Music, Decrease the Stress?* Western Psychological Association; Long Beach, CA; April 2016.
- Beals, M.** & Barger, S. *Social Relationships and Hypertension: Association or Myth?* Western Psychological Association; Long Beach, CA; April 2016.
- Brookshire, K., **Beals, M.**, Bermudez, A., Guinea, S., Maher, C., Williams, S., Valente, M., Ortiz, A., Milner L., Stead, F., & Gardner, A. *An Evidence-Based Practice Review: Alternative Therapies for Children with Autism Spectrum Disorders*. Four Corners Applied Behavior Analysis; Loveland, CO; April 2016.
- Beals, M.**, Williams, A., Frazee, T., & Birkett, M. *Biological Parents have Higher Compassion than Non-Biological Parents*. Graduate Student Government Poster Symposium; Flagstaff, AZ; March 2016.
- Beals, M.** & Birkett, M. *Depression Hurts, Fibromyalgia Does Too: A Literature Review on Duloxetine as a Treatment for Fibromyalgia*. Coursework for Psychopharmacology (PSY 670); Northern Arizona University Poster Symposium; Flagstaff, AZ; December 2015.
- Brockmann, A., **Beals, M.**, Williams, A., Blake, E., Hans, T., Lane, T., Irving, L., & Birkett, M. *Sleep Apnea and Depression*. Northern Arizona University Poster Symposium; Flagstaff, AZ; December 2015.
- Beals, M.** & Barger, S. *Social Relationship Resources are Not Associated with Undiagnosed Hypertension in a Probability Sample of Older Adults*. American Public Health Association; Chicago, IL; November 2015.
- Beals, M.** & Stevens, L. *On the Count of Three, You're Symptom Free: A Literature Review for Hypnosis as a Treatment for Fibromyalgia*. Coursework for Behavioral Medicine: Biofeedback and Hypnosis (PSY 690; NAU); April 2015.

Teaching and Mentoring

Teaching Assistant:

Health Psychology; University of California Riverside Fall 2020

Introduction to Psychology; University of California Riverside Summer 2020

Life-Span Development; University of California Riverside Spring 2020

Part-Time Instructor at Northern Arizona University (Yuma, AZ) Fall 2018-Spring 2019

Teach 2 sections of Community Psychology Capstone in an online format with an average of 25 students per section in both the Fall 2018 and Spring 2019 semesters

Full-Time Instructor at Northern Arizona University (Flagstaff, AZ) Fall 2016-Spring 2018

Teach 4 classes per semester including Abnormal Psychology and Developmental Psychology in both blended and face-to-face format with an average of 70 students per section

Mentor of Honors Student; University of California Riverside Winter 2020-Present

Guide honors student through all steps of the research process on a project examining online social networks for rheumatoid arthritis

Clinical Training and Experiences

Dedicated Out of Home Case Manager (The Guidance Center; Flagstaff, AZ) June 2016-August 2016

Conducted individual skills session with children (6-18 years of age) and provided family support; coordinated with clinical team and community agencies regarding treatment

Individual Practicum (Larry Stevens, Ph.D.); Flagstaff, AZ August 2015-December 2015

Conducted and summarized evaluations utilizing psychological tests as part of intake process; provided individual cognitive behavioral intervention for clients with anxiety, depression, and alcohol use disorder through biofeedback assisted lowered arousal training including thermal biofeedback, alpha neurofeedback, relaxation skills, and management/coping skills

Behavioral Pediatrics Clinic (Andrew Gardner, Ph.D., BCBA-D); Flagstaff, AZ August 2015 – May 2016

Provided individual cognitive behavioral interventions for clients with autism, anxiety, sleep disturbances, depression, and a history of suicidal statements; Provided psychoeducation and biofeedback assisted lowered arousal training, relaxation techniques, and taught coping skills

Social Skills Clinic (Andrew Gardner, Ph.D., BCBA-D); Flagstaff, AZ September 2015 – April 2016

Improved social interaction and communication among children ages 5 to 13 with autism spectrum disorder by facilitating and organized social skills groups by discussing demonstrating, and encouraging practice of various social skills during clinic

Case Manager (CODAC Behavioral Health Services; Tucson, AZ) September 2012 - June 2014

Completed and documented intake evaluations for adult clients with comorbid mental illness and substance use; Developed and revised treatment plans for existing clients; Provided health education and skills training; Coordinated with clinical team and referred clients to appropriate community resources

Service Activities

Graduate Student Well-Being Committee Member; UCR

August 2020-Present

Psychology Club Advisor; NAU Guide officers to provide a well-rounded experience to club members	Academic Year 2017-2018
Publicity Committee Member; NAU Edit and streamline department website; update departmental events weekly	Academic Year 2017-2018
Undergraduate Curriculum Committee Member; NAU Evaluate and revise course syllabi; analyze and appraise new course proposals and programs	Academic Year 2016-2017 & 2017-2018
B.A. and B.S. Degree Distinction Sub-Committee Member; NAU Distinguish B.A. and B.S. degrees; Plan to merge Flagstaff and Yuma psychology programs	Academic Year 2017-2018
Psychology 101 (Introduction to Psychology) Committee Member; NAU Organize and clarify activities and demonstrations used to teach PSY 101	Academic Year 2016-2017
NAU Teaching Seminar: Promoting and Assessing Student Engagement Maximize student learning by implementing student engagement and assessment techniques	May 2017
Tu Nidito volunteer; Tucson, AZ Provide bereavement support for children ages 4-7 through discussion and grief-related activities	May 2012 – June 2014

Affiliations and Membership

Association for Psychological Science (APS) Affiliate Membership	March 2018 – Present
Rocky Mountain Psychological Association (RMPA) Affiliate Membership	April 2017 – Present
Western Psychological Association (WPA) Affiliate Membership	March 2017 – March 2018
Western Psychological Association (WPA) Student Membership	March 2016 – March 2017
Four Corners Applied Behavior Analysis (4cABA) Student Membership	March 2016 – March 2017
American Public Health Association (APHA) Student Membership	July 2015 – July 2016
Psi Chi International Honor Society in Psychology	August 2011 – Present