

# MONICA BEALS

University of California, Riverside | Department of Psychology  
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## EDUCATION

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- Ph.D., Social/Personality Psychology** *Expected: 2024*  
University of California, Riverside
- M.A., Social/Personality Psychology** June 2021  
University of California, Riverside  
Thesis: “Joint Communication: Exploring a Rheumatoid Arthritis Online Social Network”
- M.A. Clinical Psychology with Health Psychology Emphasis** May 2016  
Northern Arizona University; Flagstaff, AZ
- B.S. Psychology** May 2012  
University of Arizona; Tucson, AZ
- A.A. General Studies** May 2010  
Arizona Western College; Yuma, AZ

## PUBLICATIONS

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- Aguilar, M. E., **Beals, M. L.**, & Robbins, M. L. (2021). Beyond an OSN post: Looking at emotional valence and request of support/information. *University of California Riverside Undergraduate Research Journal*, 15, 67-74.
- Beals, M.** & Birkett, M. (2019). Self-compassion and empathy in caregiver and comparison groups: Differences in negative components. *PsyArXiv Preprints*.
- 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.

## PRESENTATIONS

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\*co-authorship with undergraduate student

### Talks

**Beals, M., & Sweeny, K.** *Flowin' pain: Flow as an antidote to chronic pain.* Talk presented at the UC, Riverside Brown Bag series, Riverside, CA. February 2022.

**Beals, M., & Robbins, M.** *Joint communication: Exploring a rheumatoid arthritis online social network.* Talk presented at the UC, Riverside Brown Bag series, Riverside, CA. March 2021.

**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.

### Posters

**Beals, M. & Robbins, M.** *Joint conversation: Examining a rheumatoid arthritis online social network.* Society for Personality and Social Psychology; online; February 2022.

\***Beals, M., Collier, A., Hallett, N., & Misiak, D.** *Normalizing psychopathology through art, learning, and perceived social distance.* American Psychological Association; online; August 2021.

**Beals, M. & Robbins, M.** *Joint communication: Exploring a rheumatoid arthritis online social network.* Association for Psychological Science; online; May 2021.

\***Aguilar, M., Beals, M., & Robbins, M.** *Beyond an OSN post: Looking at emotional valence and request of support/information.* University of California Riverside Undergraduate Research Symposium; Riverside, CA; May 2021.

\***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 EXPERIENCE

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*Evaluations available upon request*

*\*indicates virtual instruction*

### Associate In Instructor – University of California, Riverside

- \*PSYC 178, Health Psychology

Fall 2021

**Teaching Assistant – University of California, Riverside**

- \*PSYC 001, Introductory Psychology: Cognitive and Physiological. Winter 2022
- \*PSYC 152, Abnormal Psychology Summer 2021
- \*PSYC 149, Science of Well-Being Spring 2021
- \*PSYC 012, Psychological Research Methods: Research Procedures Winter 2020
- \*PSYC 148, Health Psychology Fall 2020
- \*PSYC 002, Introduction to Psychology: Developmental and Social Summer 2020
- \*PSYC 160, Lifespan Development Spring 2020

**Part-Time Instructor – Northern Arizona University; Yuma, AZ**

- \*PSYCH 460C, Community Psychology Capstone Fall 2018 & Spring 2019

**Full-Time Instructor – Northern Arizona University; Flagstaff, AZ**

- PSY 240, Developmental Psychology Fall 2016, 2017; Spring 2017, 2018
- PSY 215, Abnormal Psychology Fall 2017

**Teaching Training**

- UCR Pedagogy Reading Series Winter 2022
  - Read and discuss *Why Students Resist Learning* (2017) by Tolman & Kremling
- UCR University Teaching Certificate Program Winter 2020-Spring 2021
  - Discuss pedagogy to develop effective teaching and lecturing strategies
- NAU Teaching Seminar: Promoting and Assessing Student Engagement May 2017
  - Implement student engagement and assessment techniques to maximize learning

**Teaching Award**

- Outstanding Teaching Assistant Award; UC Riverside May 2021
  - Recognized by the Department of Psychology for teaching excellence

**SERVICE EXPERIENCE****Committee Member**

- UCR Graduate Student Well-Being Committee August 2020-Present
  - Address anonymous comments from graduate students; host well-being events
- NAU Publicity Committee AY 2017-2018
  - Edit and streamline departmental website; update departmental events weekly
- NAU Undergraduate Curriculum Committee AY 2016-2017 & 2017-2018
  - Evaluate and revise course syllabi; analyze and appraise new course proposals/programs
- NAU B.A./B.S. Degree Distinction AY 2017-2018
  - Distinguish B.A. and B.S. degrees; merge Flagstaff and Yuma, AZ psychology programs
- NAU Psychology 101 (Introduction to Psychology) AY 2016-2017
  - Organize and clarify activities and demonstrations used to teach PSY 101

**Panelist**

- Women's Resource Center Mentorship Program February 2022 & October 2021
  - Question-and-answer format panel regarding graduate school and application preparation
- R'Brains Psychology Club Graduate School Panel January 2022
  - Answer questions about graduate school applications, interviews, and experiences
- Psi Chi Meeting: Graduate School Interviews January 2022 & April 2021
  - Create slides and share graduate school interview information, tips, and tricks for success
- Psi Chi Mentorship Program November 2021
  - Share information and personal experience regarding self-care and well-being
- Psi Chi Mentorship Program October 2021
  - Share tips for applying to graduate school and information about graduate student life
- Psi Chi Meeting: Graduate School Experiences November 2020
  - Share experiences applying for and being in graduate school

**Other**

- **Workshop** – Society for Health Psychology January 2022
  - Create and lead a well-being workshop; practice flow, mindfulness, and gratitude
- **Reviewer** – Abstract Submissions for Conference May 2020 & May 2021
  - Review conference abstract submissions for acceptance to R'PSYC Conference
- **Psychology Club Advisor** – NAU Academic Year (AY) 2017-2018
  - Guide officers to provide a well-rounded experience to club members
- **Volunteer** – Tu Nidito; Tucson, Arizona May 2012-June 2014
  - Provide bereavement support for children via discussion and grief-related activities

**UNDERGRADUATE MENTORING****Psi Chi Mentorship Program** Fall 2021-Present

- Provide guidance to 1-3 mentees per quarter regarding undergraduate opportunities, post-bachelorette job opportunities, and graduate school applications and experiences; serve on and attend panels on the aforementioned topics

**Women's Resource Center Mentorship Program** Fall 2021-Present

- Mentor 1-3 undergraduates each quarter who are interested in graduate school; provide resources, have discussions, and answer questions about graduate school applications and experiences

**Independent Research Project: Megan Aguilar** Spring 2020-Spring 2021

- Mentored project development: coding, cleaning, and analyzing data; literature review and writing of manuscript as part of Honor's project on the topic of the emotional valence of posts on a rheumatoid arthritis online social network; presentation of poster at undergraduate conference

**RESEARCH EXPERIENCE****Graduate Student Researcher – University of California, Riverside**

- Life Events Lab (*PI: Kate Sweeny, Ph.D.*) 2020 - Present
- OBSERVE Lab (*PI: Megan Robbins, Ph.D.*) 2019-2020

**Graduate Student Researcher – Northern Arizona University**

- *PI: Melissa Birkett, Ph.D.* 2015-2016
- *PI: Andrew Gardner, Ph.D., BCBA-D* 2015-2016
- *PI: Steven Barger, Ph.D.* 2014-2015

**Research Assistant – University of Arizona**

- PI: *Matthias Mehl, Ph.D.* 2011-2012
- PIs: *Michael Rohrbaugh, Ph.D. & Varda Shoham, Ph.D.* 2011-2012

**CLINICAL TRAINING AND EXPERIENCES**

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**Dedicated Out of Home Case Manager**

June 2016-August 2016

- Employment: The Guidance Center; Flagstaff, AZ
- Conducted individual skills sessions with children (6-18 years of age) and provided family support; coordinated with clinical team and community agencies regarding treatment

**Individual Practicum**

August 2015-December 2015

- Supervisor: Larry Stevens, Ph.D.; NAU; Flagstaff, AZ
- 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**

August 2015-May 2016

- Supervisor: Andrew Gardner, Ph.D., BCBA-D; NAU; Flagstaff, AZ
- 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**

September 2015-April 2016

- Supervisor: Andrew Gardner, Ph.D., BCBA-D; NAU; Flagstaff, AZ
- 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**

September 2012-June 2014

- Employment: CODAC Behavioral Health Services; Tucson, AZ
- 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

**PROFESSIONAL MEMBERSHIPS**

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American Psychological Association (APA)

Division 2 of APA – Society for the Teaching of Psychology (STP)

Division 38 of APA – Society for Health Psychology (SfHP)

Association for Psychological Science (APS)

Association for Research in Personality (ARP)

Social Personality Health Network (SPHN)

Society for Social and Personality Psychology (SPSP)

Psi Chi, International Honor Society in Psychology