

## Kate L. Morrison, Ph.D.

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### Licensure

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10/2018 – present	Psychologist, State of Utah, #10970811-2501
8/2020 – present	Authority to Practice Interjurisdictional Telepsychology, PSYPACT Commission, #4811

### Education

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2017 – 2018	VA Puget Sound Health Care System – Seattle Division Mood and Anxiety Disorder Postdoctoral Fellowship (APA accredited)
2016 – 2017	VA Puget Sound Health Care System – Seattle Division Doctoral Internship in Clinical Psychology (APA accredited)
2017, Ph.D.	Utah State University Combined Clinical/Counseling/School Psychology (APA accredited) Dissertation: <i>Effects of Acceptance and Commitment Therapy on Impulsive Decision Making</i> Thesis: <i>Influence of Acceptance Techniques on Delay Discounting</i> (M.S., 2013) Graduate Advisor: Michael P. Twohig, Ph.D.
2009, B.A.	University of Nevada, Reno Major: Psychology, Minor: Philosophy

### Clinical Experience

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2020 - Present	<b>Juniper Mental Health – Therapy &amp; Training Center</b> – Sandy, UT Founder, Clinical Psychologist, and Trainer Co-Director
2022	<b>Ieso Digital Health</b> - Cambridge, UK Clinical Content Developer and Consultant
2018 – 2020	<b>Utah Center for Evidence Based Treatment</b> – Salt Lake City, UT Clinical Psychologist
2017 – 2018	<b>VA Puget Sound Health Care System – Seattle Division</b> – Seattle, WA <b>Mental Health Clinic &amp; PTSD Outpatient Clinic</b> Postdoctoral Fellowship
2016 – 2017	<b>VA Puget Sound Health Care System – Seattle Division</b> – Seattle, WA Doctoral Internship Rotation 1: Primary Care Mental Health Integration/Behavioral Medicine Rotation 2: Chronic Pain Clinic Rotation 3: Telemental Health Clinic Minors: Transgender Veteran Services Transdiagnostic Behavior Change Psychotherapy Group

2011 – 2016	<b>Center for Clinical Research</b> – Logan, UT Research Therapist & Assessor
2011 – 2016	<b>Utah State University Psychology Community Clinic</b> – Logan, UT Practicum Therapist
2013 – 2014	<b>Bear River Head Start</b> – Northern Utah & Southern Idaho Mental Health Manager
2013 – 2014	<b>Center for Persons with Disabilities – BioMedical Division</b> – Logan, UT Practicum Therapist
2012 – 2013	<b>Anxiety and Related Disorders Clinic</b> – Logan, UT Practicum Therapist
2009 – 2010	<b>Advanced Child Behavior Solutions, LLC</b> – Reno, NV Intervention Specialist
2006 – 2008	<b>University of Nevada-Reno Early Childhood Autism Program</b> – Reno, NV Lead Tutor
2008	<b>City of Reno, Parks and Recreation</b> – Reno, NV Disability Inclusion Technician
2005 – 2007	<b>Person-Centered Assessment Training and Habilitation</b> – Reno, NV Trainer, Case Manager, & Floor Supervisor

## **Publications**

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### Peer Reviewed Journal Articles

15. Felker, B. L., McGinn, M. M., Shearer, E. M., Raza, G. T., Gold, S. D., Kim, J. M., Rojas, S. M., Rousev, M. S., Varkovitzky, R. L., Liu, H., **Morrison, K. L.**, & McCann, R. A. (2021). Implementation of a Telemental Health Training Program Across a Mental Health Department. *Telemedicine Reports*, 2(1), 26–31. doi:10.1089/tmr.2020.0011
14. Ong, C. W., Blakey, S. M., Smith, B. M., **Morrison, K. L.**, Bluett, E. J., Abramowitz, J. S., & Twohig, M. P. (2020). Moderators and processes of change in traditional exposure and response prevention (ERP) versus acceptance and commitment therapy-informed ERP for obsessive-compulsive disorder. *Journal of Obsessive-Compulsive and Related Disorders*, 24. doi:10.1016/j.jocrd.2019.100499
13. **Morrison, K. L.**, Smith, B. M., Ong, C. W., Lee, E. B., Friedel, J. E., Odum, A. L., Madden, G. J., Ledermann, T., Rung, J., & Twohig, M. P. (2018). Effects of acceptance and commitment therapy on impulsive decision making. *Behavior Modification*, 44(4), 600–623. doi:10.1177/0145445519833041

12. Lee, E. B., Homan, K., **Morrison, K. L.**, Ong, C. W., Levin, M. E., & Twohig, M. P. (2018). Acceptance and commitment therapy for trichotillomania: A randomized controlled trial of adults and adolescents. *Behavior Modification, 44*, 70-91. doi:10.1177/0145445518794366
11. Twohig, M. P., Abramowitz, J. S., Smith, B. M., Fabricant, L. E., Jacoby, R. J., **Morrison, K. L.**, ... Lederman, T. (2018). Adding acceptance and commitment therapy to exposure and response prevention for obsessive-compulsive disorder: A randomized controlled trial. *Behaviour Research and Therapy, 108*, 1-9. doi:10.1016/j.brat.2018.06.005
10. Dozier, T. H., & **Morrison, K. L.** (2017). Phenomenology of misophonia: Initial physical and emotional responses. *The American Journal of Psychology, 130*, 431-438. doi:10.5406/amerjpsyc.130.4.0431
9. Barney, J. Y., Field, C. E., **Morrison, K. L.**, & Twohig, M. P. (2017). Treatment of pediatric obsessive-compulsive disorder utilizing parent-facilitated acceptance and commitment therapy. *Psychology in the Schools, 54*, 88-100. doi:10.1002/pits.21984
8. **Morrison, K. L.**, & Twohig, M. P. (2016). A functional and cohesive treatment of Tourette's disorder and chewing tobacco use. *Clinical Case Studies, 15*, 103-116. doi:10.1177/1534650115599442
7. Twohig, M. P., Abramowitz, J. S., Bluett, E. J., Fabricant, L. E., Jacoby, R. J., **Morrison, K. L.**, . . . Smith, B. M. (2015). Exposure therapy for OCD from an acceptance and commitment therapy (ACT) framework. *Journal of Obsessive-Compulsive and Related Disorders, 6*, 167-173. doi:10.1016/j.jocrd.2014.12.007
6. Twohig, M. P., **Morrison, K. L.**, & Bluett, E. J. (2014). Acceptance and commitment therapy for obsessive-compulsive disorder and obsessive-compulsive spectrum disorders: A review. *Current Psychiatry Review, 10*, 296-307. doi:10.2174/1573400510666140714172145
5. Bluett, E. J., Homan, K. J., **Morrison, K. L.**, Levin, M. E., & Twohig, M. P. (2014). Acceptance and commitment therapy for anxiety and OCD spectrum disorders: An empirical review. *Journal of Anxiety Disorders, 28*, 612-624. doi:10.1016/j.janxdis.2014.06.008
4. Woidneck, M. R., **Morrison, K. L.**, & Twohig, M. P. (2014). Acceptance and commitment therapy for the treatment of posttraumatic stress among adolescents. *Behavior Modification, 38*, 451-476. doi:10.1177/0145445513510527
3. **Morrison, K. L.**, Madden, G. J., Odum, A. L., Friedel, J. E. & Twohig, M. P. (2014). Altering impulsive decision making with an acceptance-based procedure. *Behavior Therapy, 45*, 630-639. doi:10.1016/j.beth.2014.01.001

2. Armstrong, A. B., **Morrison, K. L.**, & Twohig, M. P. (2013). A preliminary investigation of acceptance and commitment therapy for adolescent obsessive-compulsive disorder. *Journal of Cognitive Psychotherapy*, 27, 175-190. doi:10.1891/0889-8391.27.2.175
1. Dehlin, J. P., **Morrison, K. L.**, & Twohig, M. P. (2013). Acceptance and commitment therapy as a treatment for scrupulosity in obsessive-compulsive disorder. *Behavior Modification*, 37, 409-430. doi:10.1177/0145445512475134

### Book Chapters

3. **Morrison, K. L.**, Smith, B. M., & Twohig, M. P. (2017). Mindfulness and acceptance therapies for obsessive-compulsive and related disorders. In C. Pittenger (Ed.) *Obsessive-compulsive disorder: Phenomenology, pathophysiology, and treatment*. New York: Oxford University Press.
2. **Morrison, K. L.**, Smith, B. M., Lee, E. B., & Twohig, M. P. (2017). Acceptance and commitment therapy for OC-spectrum disorders. In J. S. Abramowitz, D. McKay, & E. Storch (Eds.) *Handbook of obsessive compulsive disorders across the lifespan*. Hoboken, NJ: Wiley-Blackwell.
1. Twohig, M. P., Bluett, E. J., **Morrison, K. L.**, & Woidneck, M. R. (2014). Habit reversal. In S. Hofmann (Ed.). *Cognitive behavioral therapy: A complete reference guide*. West Sussex, UK: Wiley-Blackwell. doi:10.1002/9781118528563.wcbt10

## **Conference Presentations**

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### Peer Reviewed Presentations

10. **Morrison, K. L.**, Glynn, L. H., Cherup-Leslie, S. M., Mostoufi, S., & Shearer, E. M. (2018, July). The experience of facilitating a hybrid group: Lessons learned. In E. M. Shearer (Chair), *Open, aware, and engaged: ACTing and adapting across the video platform*. Accepted for presentation at Association for Contextual Behavioral Science Annual World Conference 16, Montréal, Québec, Canada.
9. Coyne, L. W., Forsyth, J. P., Hayes, S. C., Herbert, J. D., & Twohig, M. P. (2015, November). In **K. L. Morrison** (Chair), *Addressing common clinical issues using acceptance and commitment therapy*. Panel discussion conducted at the meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
8. **Morrison, K. L.**, Madden, G. J., Odum, A. L., Friedel, J. E., & Twohig, M. P. (2014, June). Altering impulsive decision making with an acceptance-based procedure. In **K. L. Morrison** (Chair), *Impulsive decision making: connecting behavioral economics and contextual behavior science*. Symposium conducted at the meeting of the Association for Contextual Behavioral Science, Minneapolis, MN.

7. Codd, III, R. T., **Morrison, K. L.**, & Twohig, M. P. (2014, June). ACT as a treatment for misophonia in an adult female. In C. Stromberg (Chair), *OCD and similar disorders: Evaluating theoretical and empirical support for the use of ACT*. Symposium conducted at the meeting of the Association for Contextual Behavioral Science, Minneapolis, MN.
6. Homan, K., **Morrison, K. L.**, Crosby, J., & Twohig, M. P. (2014, June). Acceptance and Commitment Therapy for Adolescent Trichotillomania. In C. Stromberg (Chair), *OCD and similar disorders: Evaluating theoretical and empirical support for the use of ACT*. Symposium conducted at the meeting of the Association for Contextual Behavioral Science, Minneapolis, MN.
5. Abramowitz, J. S., Berry, B. M., Bluett, E. J., Fabricant, L., Jacoby, R. J., **Morrison, K. L.**, & Twohig, M. P. (2013, November). Predictors of OCD symptom dimensions: Obsessional beliefs and experiential avoidance. In G. Alcolado (chair). *Understanding and treating obsessive-compulsive and related disorders: methods, meaning, and maximizing treatment gains*. Symposium conducted at the meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
4. Armstrong, A., **Morrison, K.**, & Twohig, M. P. (2012, November). *ACT for adolescent OCD*. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
3. **Morrison, K. L.** (Chair), Lawyer, S. R., Madden, G. J., Mitchell, S. H., & Twohig, M. P. (2011, May). *Delay discounting as diagnostic criteria for acceptance-based therapies*. Panel discussion conducted at the meeting of the Association for Behavior Analysis International, Denver, CO.
2. MacAleese, K. R., Dubuque, M. L., **Morrison, K. L.**, Maillard, G., Scheinle, R., & MacAleese, A. N. (2010, February). *Relaxation training and developmental disabilities: A review and practical solutions*. Paper presented at the meeting of the California Association of Behavior Analysis, Irvine, CA.
1. Plumb, J. C., Levin, M. E., Hayes, S. C., **Morrison, K. L.**, DeFreitas, J., & Bowes, E. (2009, July). Using a brief values intervention to increase studying behavior in college students. In N. Lucas (Chair), *Investigations into Acceptance and Commitment Therapy and Real Life*. Symposium conducted at the meeting of the Association for Contextual Behavioral Science, Enschede, Netherlands.

#### Peer-Reviewed Posters

5. **Morrison, K. L.** & Krenek, M. (2017, June). *Group psychotherapy for multiple health behavior change in an outpatient mental health clinic for Veterans*. Poster presented at the VA Puget Sound Research Day, Seattle, WA.
4. **Morrison, K. L.**, Madden, G. J., Odum, A. L., Friedel, J. E., & Twohig, M. P. (2013, November). *Influence of acceptance techniques on impulsive decision making*. Poster presented at the meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

3. Twohig, M., Abramowitz, J., Fabricant, L., **Morrison, K.**, & Bluett, E. (2012, July). *Combining acceptance and commitment therapy with exposure and response prevention to enhance the treatment of OCD*. Poster presented at the meeting of the International OCD Foundation, Chicago, IL.
2. Armstrong, A., **Morrison, K.**, & Twohig, M. (2011, November). *Acceptance and commitment therapy for adolescent OCD*. Poster presented at the meeting of the Association for Behavioral and Cognitive Therapies, Toronto, ON.
1. Castellanos, J. A., Bishop, M. R., **Morrison, K. L.**, Sigler, K. A., & Ghezzi, P. M. (2007, May). *A case study examining a self-management procedure with a child diagnosed with autism*. Poster presented at the meeting of the Association for Behavior Analysis International, San Diego, CA.

## **Research Experience (not indicated elsewhere)**

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2019 – 2020	<b>Clinical Analytics Team</b> Program Coordinator Utah Center for Evidence Based Treatment
2019 – 2020	<b>Utah Outcome Improvement Initiative</b> Site Implementation Coordinator Utah Center for Evidence Based Treatment
2011 – 2016	<b>Center for Clinical Research</b> Research Laboratory Manager Michael Twohig's lab, Department of Psychology, Utah State University
2014 – 2016	<b>Individualized Financial Education and Values Achievement Program</b> Graduate Research Assistant TANF Grant, Housing and Financial Counseling Center, Utah State University
2014	<b>Training Therapists in Brief Acceptance and Commitment Therapy in a Primary Care Setting</b> Treatment Adherence Coder East Tennessee State University
2007 – 2010	<b>Acceptance and Commitment Therapy/Relational Frame Theory Research Laboratory</b> Undergraduate Research Assistant Steven C. Hayes' lab, Department of Psychology, University of Nevada-Reno

## Editorial Experience

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2016 – 2021      **Editorial Board Member**  
*Journal of Contextual Behavioral Science*

### Ad Hoc Reviews

*Behavior Modification*  
*Frontiers in Psychiatry – Psychological Therapies*  
*Journal of Affective Disorders*  
*Journal of Applied Behavior Analysis*  
*Journal of Contextual Behavioral Science*  
*Journal of the Experimental Analysis of Behavior*  
*The Psychological Record*

## Clinical Supervision/Consultation Experience

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2020 – current      **Professional Consultant**  
*Topics: ACT, telehealth, independent practice, exposure therapy, OCRDs*  
 Juniper Mental Health

2017 – 2018      **Acceptance and Commitment Therapy Vertical Supervisor**  
 Mental Health Clinic, VA Puget Sound Health Care System – Seattle Division

2014 – 2016      **Acceptance and Commitment Therapy Consultant & Trainer**  
*Individualized Financial Education and Values Achievement Program*  
 TANF Grant, Housing and Financial Counseling Center, Utah State University

2015 – 2016      **Acceptance and Commitment Therapy Vertical Supervisor**  
*Effects of Acceptance and Commitment Therapy on Impulsive Decision Making*  
 Center for Clinical Research, Utah State University

## Trainings Provided

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17. **Morrison, K. L.** (2023). [OCD clinical case: Harm Obsessions](#). Online course for professionals developed and conducted through Psychotherapy Academy, online.
16. **Morrison, K. L.** (2022, January). [The ACT for OCD Toolbox: A Guide for Therapists](#). Ten-part online course for professionals developed and conducted through Psychotherapy Academy, online.
15. **Morrison, K. L.** (2021, April and 2020, May). *Rural mental health and culture*. Training conducted at the Utah State Hospital Psychology Intern Didactic Series, Provo, UT.
14. **Morrison, K. L.** (2020, September). [ACT for OCD and related disorders](#). Training conducted for Connections Behavior Planning and Interventions, online.

13. **Morrison, K. L.** (2020, March). [\*Getting started with telemental health\*](#). Webinar recorded for the Association for Behavioral and Cognitive Therapies Coronavirus Clinical Resources, online.
12. **Morrison, K. L.** (2019, February). *Rural mental health and culture*. Training conducted at the Utah Center for Evidence Based Treatment All Staff Didactic Series, Salt Lake City, UT.
11. **Morrison, K. L.** (2018, March). *Rural mental health and culture*. Training conducted at the VA Puget Sound – Seattle Telemental Health Didactic Series, Seattle, WA.
10. Jain, K., Mariano, M. J., & **Morrison, K. L.** (2018, January). *Care of transgender individuals*. Training conducted at the VA Puget Sound – Seattle Division Center of Excellence in Primary Care Interprofessional Didactic Series, Seattle, WA.
9. **Morrison, K. L.** (2017, September). *Introduction to acceptance and commitment therapy*. Training conducted at the VA Puget Sound – Seattle Division Psychiatry Resident Didactic Series, Seattle, WA.
8. **Morrison, K. L.** (2017, May). *Rural mental health*. Training conducted at the VA Puget Sound – Seattle Division Intern Didactic Series, Seattle, WA.
7. Mariano, M. J., Chen, J., Roepke, A. M., **Morrison, K. L.**, & Carlile, J. (2017, May). *Meeting challenges in the care of gender variant Veterans*. Training conducted at the VA Puget Sound – Seattle Division Psychology Staff Meeting, Seattle, WA.
6. **Morrison, K. L.** (2017, February). *Introduction to acceptance and commitment therapy*. Training conducted at the VA Puget Sound – Seattle Division Intern Didactic Series, Seattle, WA.
5. Twohig, M. P., & **Morrison, K. L.** (2015, September). *Introduction to acceptance and commitment therapy and ACT experiential workshop*. Two-day training conducted at the Introduction to Acceptance and Commitment Therapy Workshop Series, Logan, UT.
4. **Morrison, K. L.** (2015, April). *Why am I so impulsive?* Training conducted at the Mental Health Is No Joke event, Logan, UT.
3. Twohig, M. P., Homan, K. J., & **Morrison, K. L.** (2013, September). *Introduction to acceptance and commitment therapy*. Training conducted at the Introduction to Acceptance and Commitment Therapy Workshop Series, Logan, UT.
2. **Morrison, K. L.** (2012, December). *An introduction to ACT for supervisors*. Training conducted at Utah State University Counseling and Psychological Services, Logan, UT.
1. Twohig, M. P., & **Morrison, K. L.** (2012, September). *Introduction to acceptance and commitment therapy*. Training conducted at the Introduction to Acceptance and Commitment Therapy Workshop Series, Logan, UT.



## Teaching Experience

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### Instructor – Utah State University

2015	Introduction to Counseling and Interviewing (online)
2015	Abnormal Psychology
2014	Scientific Thinking and Methods in Psychology

### Graduate Teaching Assistant – Utah State University

2014	Introduction to Psychology (online)
2010 – 2011	Introduction to Psychology (online and in-vivo)

## Awards & Honors

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2015	Lawson Family Fellowship, Utah State University
2014	Graduate Research Assistant of the Year Award, College of Education and Human Services, Utah State University
2013	Walter R. Borg Applied Practice and Research Award, Utah State University
2013	Michael Bertoch Scholarship, Utah State University

## Professional Organization Membership

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Association for Behavioral and Cognitive Therapies

Association for Contextual Behavioral Science

International OCD Foundation

The TLC Foundation for Body-Focused Repetitive Behaviors

Utah Psychological Association

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