

Thalia P. Sullivan Nicholson, PhD
 Licensed Clinical Psychologist (PSY 35995)

EDUCATION

- 05/21-07/24 ***Doctor of Philosophy, Clinical Psychology***
 East Tennessee State University, Department of Psychology
 Program emphasis in rural behavioral health and practice in the context of integrated primary health care
 Pre-Doctoral Preliminary Project Efficacy of Stigma Reduction Programs for First Responders: A Systematic Review
 Dissertation Stigma Reduction and Resiliency Training for First Responders (SRRT-FR): A Feasibility and Initial Efficacy Evaluation
- 08/19-05/21 ***Master of Arts, Psychology***
 East Tennessee State University, Department of Psychology
 Magna Cum Laude
 Thesis A Qualitative Investigation into the Trauma Exhibited by First Responders Tackling the Opioid Epidemic in Tennessee
- 01/16-12/17 ***Bachelor of Arts, Psychology***
 California State University, Sacramento, Department of Psychology
 Magna Cum Laude
 Dean's Honor List
- 01/13-05/15 ***Associate of Arts, Psychology***
 Folsom Lake Community College, Department of Psychology
 Psychology for Transfer Honors

LICENSURE AND CERTIFICATIONS

Licensed Psychologist in California (PSY 35995)
VA National Certification in Cognitive Processing Therapy for PTSD
VA National Certification in Motivational Interviewing

HONORS & AWARDS

- 06/23 ***National Register of Health Service Psychologists (NR) Internship Travel Scholarship Recipient***
 Awarding Organization: American Psychological Foundation
 Amount: \$1,000
- 04/23 ***Student Recipient of the 2023 Harold Love Outstanding Community Service Award***
 Awarding Organization: Tennessee Higher Education Commission
 Amount: \$1,000
- 04/23 ***2023 Graduate School Service Projects Award***

- Awarding Organization: East Tennessee State University
Amount: \$500
- 04/23 ***ETSU Harold Love Award Nominee for State Level***
Awarding Organization: East Tennessee State University
- 07/21 ***2020-2021 Department of Psychology Graduate Student Excellence in Service Award***
Awarding Organization: East Tennessee State University
- 01/21 ***2021 Collaborative Perspectives on Addiction Registration and Diversity Award***
Awarding Organization: Collaborative Perspectives on Addiction Annual Meeting
- 05/20 ***Professional Development Travel Scholarship***
Awarding Organization: East Tennessee State University
Amount: \$400
- 01/18 ***California Youth Crisis Line Community Resource Award***
Awarding Organization: California Coalition for Youth
- 12/17 ***National Alliance of Mental Illness Advocate Certificate***
Awarding Organization: NAMI on Campus, California State University, Sacramento

CLINICAL EXPERIENCE

- 07/25-Current ***America's First Responder Services***
Placer County, CA
Founder and Clinical Psychologist
Duties Provide evidence-based therapy and psychological care to first responders, active-duty service members, veterans, frontline professionals, and their family members across California. Services include trauma-informed therapy, comprehensive psychological assessments, and department-level consultation and wellness program development. Each offering is designed to foster resilience, reduce stigma, and enhance mental health across high-stress professions.
- 08/24-08/25 ***VA Northern California Health Care System – Martinez VAMC***
Martinez, CA
Clinical Psychology Postdoctoral Fellow
Duties *PTSD Clinical Team (PCT)*
Provide Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), Concurrent Treatment of PTSD and Substance Use Disorder Using Prolonged Exposure (COPE), Integrated Cognitive Processing Therapy for PTSD and Substance Use (I-CPT), and Witten Exposure Therapy (WET) to veterans with both combat- and non-combat-related trauma. Implement Models of Accelerated Service Delivery (MASD) protocols of CPT and PE. Conduct intake assessments involving the

CAPS-5 and other additional measures to assess for co-occurring concerns such as depression, anxiety, and cognitive deficits. Engage in treatment planning and measurement-based care. Provide supervision to practicum students and interns.

David Grant USAF Medical Center (DGMC)

Provide group treatment and brief, solutions-focused psychotherapy to active-duty service members with acute psychiatric symptoms in a 12-bed, locked inpatient unit that is jointly managed by the U. S. Air Force. Conduct clinical interviews, cognitive screenings, risk evaluations, and comprehensive psychodiagnostic assessments to inform diagnoses and treatments. Attend interdisciplinary meetings and collaboratively engage in treatment planning.

07/23-07/24

VA Northern California Health Care System – Sacramento VAMC
Mather, CA

Clinical Psychology Predoctoral Resident

Duties *Behavioral Health Intensive Care Unit (BHICU)*

Provide group treatment and brief psychotherapy to veterans with acute psychiatric symptoms in a 16-bed, locked inpatient unit. Conduct clinical interviews, cognitive screenings, and comprehensive psychodiagnostic assessments to inform diagnoses and treatments. Conduct risk and capacity assessments within the emergency department. Attend to patients on the medical floors with mental health concerns. Provide supervision to two practicum students. Attend interdisciplinary meetings and give at least two presentations to staff and residents.

Behavioral Medicine (BMED)

Provide interventions to assist patients that are adjusting to chronic and life-threatening illness. Implement evidenced-based practices with patients experiencing depression and anxiety related to their medical diagnoses and/or treatments. Promote lifestyle and health behaviors changes, as well as enhance medical adherence among patients. Evidenced-based psychotherapies provided include CBT-I, CBT-CP, motivational interviewing (MI), and CBT for chronic illness. Co-facilitate the cardiometabolic risk group and CBT-I group.

Behavioral Health Interdisciplinary Program

Administer weekly psychodiagnostic and/or cognitive assessments to assess for various diagnoses such as personality disorders, mood disorders, anxiety disorders, and attention deficit hyperactivity disorder. Utilize various assessment

measures, score assessment batteries, and write integrated reports. Engage in evidenced-based treatments such as dialectical behavioral therapy (DBT), cognitive behavioral therapy for insomnia (CBT-I) and chronic pain (CBT-CP), and CPT. Conduct a program evaluation project evaluating the referral process from BHIP to PCT in an effort to improve access to care for veterans and decrease workflow waste.

PTSD Clinical Team (PCT)

Provide CPT, PE, COPE, and cognitive behavioral conjoint therapy for PTSD (CBCT-PTSD) to veterans with both combat- and non-combat-related trauma. Conduct intake assessments involving the CAPS-5 and other additional measures to assess for co-occurring concerns. Engage in treatment planning and measurement-based care.

07/22-06/23

James H. Quillen VAMC-Posttraumatic Stress Program

Johnson City, TN

Externship Clinician

Duties Conduct PTSD intakes utilizing the CAPS-5, as well as other screening measures. Implement CPT, PE, and PTSD 101 with veterans diagnosed with PTSD and other comorbidities. Co-facilitate the moral injury group. Participate in weekly supervision and interdisciplinary meetings.

01/22-06/23

First Responder Mental Health Specialty Clinic

Johnson City, TN

Independent Study Clinician

Duties Developed and implemented a new vertical integration clinic focused on providing individual therapy services to first responders (e.g., law enforcement officers, firefighters, etc.), veterans, and their family members within the community. Conduct intake assessments, pre-employment screenings, and fitness for duty evaluations for various departments in the region. Perform empirically supported treatments including but not limited to PCT, PE, CBT, and MI. Assist departments in creating and implementing behavioral health strategies and program to better support the mental health of their first responders.

12/21-05/23

ETSU Family Medicine, Addiction Medicine Clinic

Johnson City, TN

Research Clinician (2-3 hrs/wk)

Duties Provide contingency management treatment to individuals diagnosed with a stimulant use disorder within an integrated primary care setting that serves patients with health disparities from rural and low-income populations. Engage participants in attending sessions two times per week. Sessions include administering and interpreting saliva toxicology testing and

discussing substance use. Ensure treatment participants complete appointments and follow-ups. Participate in weekly supervision meetings.

07/21-07/22

Cherokee Health Systems

Morristown, TN

Externship Clinician

Duties Conduct intake assessments and perform empirically supported treatments and psychotherapy with adults exhibiting varying presenting concerns within a federally qualified integrated care setting. Treatments include but are not limited to CPT, ACT, DBT, interpersonal psychotherapy, CBT, and PE. Facilitate day treatment group, which involves a strong emphasis on psychoeducation and skills training to assist patients with varying diagnoses in achieving successful independence. Make appropriate referrals to psychiatry, primary care, and case management. Participate in weekly interdisciplinary treatment team meetings and attending professional development didactics.

01/21-08/22

ETSU Behavioral Health & Wellness Clinic

Johnson City, TN

Practicum Clinician

Duties Conduct intake assessments and perform empirically supported treatments and psychotherapy with adults, children, and families with varying presenting problems. Treatments include but are not limited to CPT for posttraumatic stress disorder, MI for substance use disorders, CBT for generalized anxiety disorder, ACT for generalized anxiety disorder, and parent training for oppositional defiant disorder. Conduct psychodiagnostic assessments and writing integrated reports.

07/17-04/19

California Youth Crisis Line

Sacramento, California

Crisis Counselor

Duties Provide crisis intervention to youth between the ages of 10-24. Assess for suicidal ideation, engage in safety planning, implement de-escalation skills, and provide community resources for further support. Educate individuals on youth mental health adversities through community and school events.

RESEARCH EXPERIENCE

08/19-06/23

Graduate Research Assistant & Lab Coordinator

Department of Psychology, East Tennessee State University

Duties Investigate the mental health repercussions rural first responders experience. Evaluate the prevalence rates of PTSD and substance use within the first responder population. Conduct qualitative and quantitative analyses. Conduct clinical

interviews for research protocols including the CAPS-5. Interview and train undergraduate research assistants. Write and maintain IRB protocols. Facilitate manuscript production through project conceptualization, data collection, data cleaning, data analyses, and manuscript preparation. Present research findings at various conferences.

PI Meredith Ginley, PhD

09/18-05/19

Post-Baccalaureate Research Assistant

Department of Psychology, University of Nevada, Reno

Duties Study the effects of exposure therapy and safety behaviors on individuals exhibiting phobias. Recruit participants and administered exposure therapy. Implemented behavioral approach tests. Film and edited treatment videos. Conduct literature reviews. Construct and edit surveys through REDCap.

PI Cynthia Lancaster, PhD

01/17-07/19

Undergraduate Research Assistant

Department of Psychology, California State University, Sacramento

Duties Study the effects of paternal disengagement on women's risk-taking strategies. Analyze methodological techniques relevant to the topic of study and applied findings to the current research topic. Engage in design and implementation of study. Develop the IRB application. Construct and edit surveys through Qualtrics. Collect and analyze data via SPSS. Contribute to the write-up and editing of manuscripts. Present research findings at a local conference.

PI Lisa Bohon, PhD

PUBLICATIONS

**Graduate student co-authors.*

(N = 4)

Nicholson, T. P. & Ginley, M. K. (2025). Clinical considerations when working with veterans who are first responders. *Journal of Health Service Psychology*, 51, 63-80. <https://doi.org/10.1007/s42843-025-00134-6>

Nicholson, T. P., Pfund, R. A., & Ginley, M. K. (2025). A systematic review of mental health stigma reduction trainings for law enforcement officers. *Psychological Services*, 22(1), 120–135. <https://doi.org/10.1037/ser0000915>

Nicholson, T. P., Blazer, E. C.*, Hymes, A. S., & Ginley, M. K. (2023). A qualitative investigation into the trauma exhibited by first responders impacted by the opioid epidemic. *International Journal of Mental Health and Addiction*, 1–22. <https://doi.org/10.1007/s11469-022-00993-w>

Bohon, L. M., Lancaster, C.*, **Sullivan, T. P.**, Medeiros, R. R.*, & Hawley, L.* (2020). The Effects of Manipulated and Biographical Parent Disengagement on the Sexually Risky Attitudes and Intentions of College Women. *Evolutionary Psychological Science*, 7, 151-164. <https://doi.org/10.1007/s40806-020-00266-6>

PUBLICATIONS UNDER REVIEW/ IN PREPERATION

*Graduate student co-authors.

(N = 3)

Nicholson, T. P., Pfund, R., & Ginley, M. K. (manuscript under review). Stigma Reduction and Resiliency Training for First Responders (SRRT-FR): A feasibility and initial efficacy evaluation. *Journal of Clinical Psychology*.

Mitchell, H. G.*, **Nicholson, T. P.**, King, S. A.*, & Ginley, M. K. (manuscript under review). Psychotherapy considerations when treating alcohol use disorder among patients with traumatic brain injuries. *Journal of Addiction Medicine*.

Kromash, R.*, Mitchell, H. *, **Nicholson, T. P.**, Siebert, S.*, Ginley, M., & Moore, K. (manuscript under review). The Difficulties in Emotion Regulation Scale: An examination of measurement invariance across gender and association with risky behavior among undergraduates. Manuscript in preparation.

PUBLISHED ABSTRACTS

*Graduate student co-authors.

(N = 1)

Mitchell, H. G.*, Hagemeyer, N. E., **Sullivan, T. P.**, & Ginley, M. K. (2021). The misuse of stimulant medications and nicotine as it relates to behavioral health and socioeconomic factors. *Annals of Behavioral Medicine Abstracts Supplement*, 55(1) 469.

RESEARCH PRESENTATIONS

*Graduate student co-authors. **Undergraduate student co-authors.

Posters (N = 14)

Bolton, C. L.**, **Nicholson, T. P.**, Siebert, S. L.*, & Ginley, M. K. (2023, August 3-5). *Moderating effect of time employed in law enforcement on the relation between resiliency and stigma towards people who use substances* [Poster session]. American Psychological Association 2023 Annual Convention, Washington, DC, United States.

Milam, L. C.**, Whalen, S. A. *, Dickson, A. C.**, Clark, K. N., **Nicholson, T. P.**, Mitchell, H. G.*, Sokol, H., & Ginley, M. K. (2023, August 3-5). *The association between emotion dysregulation and food and alcohol disturbance* [Poster session]. American Psychological Association 2023 Annual Convention, Washington, DC, United States.

Sullivan, T. P., King, S. A. *, Bohon, L. M., & Ginley, M. K. (2022, March 23-26). *Confirmatory factor analysis of the future sexual risk inventory* [Poster session]. Southeastern Psychological Association 68th Annual Meeting, Hilton Head Island, SC, United States.

Mitchell, H. G.*, Bolton, C.**, Milam, L.**, Blazer, E. C. *, **Sullivan, T. P.**, King, S. A. *, & Ginley, M. K. (2022, March 23-26). *Moderating influence of affect on binge eating and alcohol use* [Poster session]. Southeastern Psychological Association 68th Annual Meeting, Hilton Head Island, SC, United States.

King, S. A. *, Milam, L. C.**, McKinley, S. L.**, **Sullivan, T. P.**, & Ginley, M. K. (2022, March 23-26). *Does peer support moderate the relation between impulsivity and alcohol use?* [Poster session]. Southeastern Psychological Association 68th Annual Meeting, Hilton Head Island, SC, United States.

Mitchell, H. G. *, **Sullivan, T. P.**, & Ginley, M. K. (2022, April 6-9). *Treatment of alcohol use disorder among patients with traumatic brain injury: A systematic review* [Poster session]. Society of Behavioral Medicine 43rd Annual Meeting and Scientific Sessions, Baltimore, MD, United States.

- Kromash, R.*, Siebert, S.*, **Sullivan, T.**, Mitchell, H.*, Moore, K., & Ginley, M., (2021, November). (2021, November 18-21). *A replication of measurement invariance across gender of the 36-item Difficulties in Emotion Regulation Scale* [Poster session]. Association for Behavioral and Cognitive Therapy 53rd Annual Convention, New Orleans, LA United States.
- Sullivan, T. P.**, Kromash, R.*, Mitchell, H. G.*, & Ginley, M. K. (2021, March 17-19). *Validation of the DFAQ-CU among an illicit substance using population* [Poster session]. 2021 Collaborative Perspectives on Addiction Annual Conference, virtual conference.
- Blazer, E. C.***, Engle, K. B.**, McKinley, S. L.**, **Sullivan, T. P.**, & Ginley, M. K. (2021, March 17-19). *An investigation into the relation between problems from video gaming and frequency of cannabis use* [Poster session]. 2021 Collaborative Perspectives on Addiction Annual Conference, virtual conference.
- McKinley, S. L.**, **Sullivan, T. P.**, Mitchell, H. G.*, & Ginley, M. K. (2021, March 17-20). *The relation between family history of addiction and ENDS use* [Poster session]. Southeastern Psychological Association 67th Annual Meeting, virtual conference.
- Engle, K.**, Blazer, E.**, Mitchell, H.G.*, **Sullivan, T. P.**, & Ginley, M. K. (2021, March 17-20). *ENDS use for individuals compensating for calories consumed from alcohol* [Poster session]. Southeastern Psychological Association 67th Annual Meeting, virtual conference.
- Kromash, R.*, Mitchell, H.*, **Sullivan, T.**, Ginley, M., & Moore, K. (2020, November 17-22). *Emotion dysregulation in college students with self-reported risky behavior* [Poster session]. Association for Behavioral and Cognitive Therapy 54th Annual Convention, virtual conference.
- Sullivan, T. P.**, Mitchell, H. G.*, & Ginley, M. K. (2020, August 6-9). *Evaluating the validity of the Difficulties in Emotion Regulation Scale in measuring impulsivity among risk-taking college students* [Poster session]. American Psychological Association 2020 Annual Convention, virtual conference.
- Lancaster, C.*, Medeiros, R. R.*, **Sullivan, T. P.**, Hawley, L.*, & Bohon, L. M. (2019, April 25-28). *The associations among biographical paternal disengagement, projected aggression, and projected risky behaviors in women* [Poster session]. Western Psychological Association 99th Annual Convention, Pasadena, CA, United States.

Symposia (N = 5)

- Sullivan, T. P.**, Lancaster, C.*, Hawley, L.*, Medeiros, R. R.*, & Bohon, L. M. (2019, April 25-28). *Parental disengagement and fast life history* [Symposium]. Western Psychological Association 99th Annual Convention, Pasadena, CA, United States.
- Bohon, L. M., **Sullivan, T. P.**, Medeiros, R. R.*, Lancaster, C.*, & Hawley, L. (2019, April 25-28). *The effects of a parental disengagement manipulation on the sexual risk-taking projections of women* [Symposium]. Western Psychological Association 99th Annual Convention, Pasadena, CA, United States.
- Hawley, L.*, **Sullivan, T. P.**, Lancaster, C.*, Medeiros, R. R.*, & Bohon, L. M. (2019, April 25-28). *The relations among sexual abuse, risk taking, mating strategies, and mental health* [Symposium]. Western Psychological Association 99th Annual Convention, Pasadena, CA, United States.

- Lancaster, C.*, Medeiros, R. R.*, **Sullivan, T. P.**, Hawley, L.*, & Bohon, L. M. (2019, April 25-28). *The association between paternal strictness and projected risky sexual behavior in women* [Symposium]. Western Psychological Association 99th Annual Convention, Pasadena, CA, United States.
- Medeiros, R. R.*, Hawley, L.*, Lancaster, C.*, **Sullivan, T. P.**, & Bohon, L. M. (2019, April 25-28). *The associations among mothers' dating behavior after divorce, life history and sociosexuality in women* [Symposium session]. Western Psychological Association 99th Annual Convention, Pasadena, CA, United States.

Talks (N = 4)

- Sullivan, T. P.**, McKinley, S. L.***, Mitchell, H. G.*, & Ginley, M. K. (2021, March 8). The association between ENDS use and first-degree family history of addiction [Talk]. 2021 Appalachian Student Research Forum, Johnson City, TN, United States.
- Mitchell, H. G.*, Hagemeyer, N. E., **Sullivan, T. P.**, & Ginley, M. K. (2021, April 12-16). *The misuse of stimulant medications and nicotine as it relates to behavioral health and socioeconomic factors* [Talk]. Society of Behavioral Medicine 42nd Annual Meeting and Scientific Sessions, virtual conference.
- Sullivan, T. P.**, Hymes, A. S., & Ginley, M. K. (2020, March 10-12). *The impact of the opioid epidemic on Tennessee first responders and the growing need for a statewide trauma intervention* [Talk]. 2020 Comprehensive Opioid Abuse Program National Forum, Washington, D.C., United States.
- Sullivan, T. P.**, Hymes, A. S., & Ginley, M. K. (2020, March). *The Impact of the Opioid Epidemic on Tennessee First Responders and the Growing Need for a Statewide Trauma Intervention* [Talk]. ETSU Speaker Series, Johnson City, TN, United States.

INVITED TALKS AND TRAININGS

(N = 8)

- Ginley M. K. & **Nicholson, T. P.** (2023, May). *Coping Skills: Techniques Patients Can Use in the Moment to Address Cravings, Urges, and Other Ill-timed Emotions* [Talk]. East Tennessee State University Department of Family Medicine Interdisciplinary Addiction Medicine ECHO, Johnson City, TN.
- Nicholson, T. P.** (2023, April). *Provider Stigma and Substance Use Disorders* [Talk]. James H. Quillen VA Medical Center, Johnson City, TN.
- Nicholson, T. P.** (2023, January). *Assessing Suicidal Ideation among Firefighters* [Training]. Johnson City Fire Department, Johnson City, TN.
- Nicholson, T. P.** (2022, November). *Diversity through a Substance Use Lens: Identifying and Reducing Stigma Amongst Helping Professionals* [Talk]. Intermountain Psychological Association, Johnson City, TN.
- Nicholson, T. P.** (2023, November). *Increasing Access to Local First Responder and Veteran Resources* [Talk]. 2022 Mental Health Conference: Help for the Helpers, Johnson City, TN.
- Nicholson, T. P.** (2022, March). *Stigma Reduction and Resiliency Training for First Responders (SRRT- FR)* [Training delivered 4 times]. Sullivan County Sheriff's Department, Blountville, TN.
- Nicholson, T. P.** (2021, November). *Stigma Reduction and Resiliency Training for First Responders (SRRT- FR)* [Training]. Jonesborough Police and Fire Department, Jonesborough, TN.

Nicholson, T. P. (2021, March) *First Responders and the Opioid Epidemic: How to Build our Connections* [Talk]. Sullivan County Anti-Drug Coalition, Blountville, TN.

TEACHING EXPERIENCE

- 04/20-08/20 ***Intro to Personality (undergraduate class)***
Teaching Assistant, East Tennessee State University
- 04/20 ***ETSU Project ECHO***
Guest Lecture, Buprenorphine Medication Assisted Treatment ECHO: East Tennessee State University Department of Family Medicine
- 08/17-12/17 ***Navigating Psychology (undergraduate class)***
Teaching Assistant, California State University, Sacramento

PROFESSIONAL SERVICE

- 01/23-07/23 ***Board Member for the TN Peer Support Network***
- 09/21-05/23 ***Student Board Member for the Inter-Mountain Psychological Association***
- 03/21 ***Psi Chi/Psychology Club Data Blitz Speaker***
- 02/21 ***Psi Chi Graduate School Interview Do's and Don'ts Speaker***
- 02/21 ***Graduate School Interview Day and Alternative Interview Day Assistant***
- 01/21 ***Co-Reviewer for the International Journal of Qualitative Studies in Health & Well-being***
- 09/20 ***Psi Chi Graduate Student Panel Speaker***
- 01/20 ***Graduate School Interview Day Assistant***

MEDIA

- Emery, N. & Acuff, S. (Hosts). (2021). CPA Poster Session (No. 19) [Audio podcast episode]. In *The Addiction Psychologist*. Spotify.
<https://open.spotify.com/episode/7cWlkn08ewM8xzwOhINxWy?si=mXTKl4dUSr-pfaKE1zNIkw>
- Warren, H. (2020). When helping hurts: An examination of repeated exposure trauma in first responders of East Tennessee. *Illuminated*, 10 (1) 8-10. https://etsu365-my.sharepoint.com/personal/ricedb_etsu_edu/_layouts/15/onedrive.aspx?id=%2Fpersonal%2Fricedb%5Fetsu%5Fedu%2FDocuments%2FIlluminated%2FIlluminated%5FFall%5F2020%5Fweb%2Epdf&parent=%2Fpersonal%2Fricedb%5Fetsu%5Fedu%2FDocuments%2FIlluminated&ga=1

PROFESSIONAL MEMBERSHIPS

American Psychological Association
Division 1: Society for General Psychology and Interdisciplinary Inquiry
Division 19: Society for Military Psychology

PROFESSIONAL REFERENCES

Available upon request.