

## Laura G. Holmes

Psychology Doctoral Student  
University of Utah  
Department of Psychology  
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### Education

- 2013 - Present      **University of Utah Department of Psychology**  
Clinical Psychology Doctoral Program (APA Accredited, APCS Member)  
Ph.D. expected 2017  
Dissertation Title: A dyadic study of parent-child sexuality communication and sexual knowledge in parents and their adult children with autism  
Dissertation Chair: Michael Himle, Ph.D.
- 2010 - 2013      **University of Utah, Department of Psychology**  
Clinical Psychology Doctoral Program (APA Accredited, APCS Member)  
Masters of Science: July 2013  
Masters Thesis: Factors related to parent provision of sexuality education for youth with Asperger's disorder and high functioning autism
- 2002 - 2006      **Florida State University: Tallahassee, Florida**  
Bachelor of Arts with Honors in Psychology: May 2006  
Magna Cum Laude
- May 2002      **International Baccalaureate Diploma**  
James S. Rickards High School: Tallahassee, Florida

### Honors and Awards

- 2015-2016      University of Utah Teaching Fellowship: One year funding for mentored development of Sexuality and Disability course
- 2015      Commendation for All-Around Graduate Performance, University of Utah
- 2015      Kevin Hawley Memorial Award, Department of Psychology, \$1000
- Fall 2014      Commendation for Teaching Excellence, University of Utah
- Summer 2014      Commendation for Teaching Excellence, University of Utah
- Spring 2014      Commendation for Teaching Excellence, University of Utah
- Fall 2013      Commendation for Teaching Excellence, University of Utah
- Summer 2013      Commendation for Teaching Excellence, University of Utah
- Spring 2013      Commendation for Teaching Excellence, University of Utah
- Fall 2012      Commendation for Teaching Excellence, University of Utah
- 2006      Phi Beta Kappa

2005	Psi Chi, Honor Society of Psychology
2002-2006	Academic Dean's List, Florida State University

### Grants/Funding

2015	Student Senate Funding Award, \$300
2014	Student Senate Funding Award, \$500
2011	Graduate Student Research Travel Award, University of Utah
2004	Bess H. Ward Honors Thesis Award
2002-2006	Florida Bright Futures Academic Scholarship Award (4 Years)
2002-2006	Freshmen University Scholarship (4 Years)

### Clinical Positions

2015	<b>Cognitive Behavioral Therapist, University of Utah Anxiety, OCD, and Tourette Syndrome Program</b> – Salt Lake City, UT Conducted psychological testing, intake interviews, and therapy including habit reversal training for youth with Tourette syndrome and comorbid disorders. <u>Supervisor:</u> Michael Himle, Ph.D.
2015	<b>Group Co-Facilitator, University Neuropsychiatric Institute (UNI)</b> – Salt Lake City, UT Provided group CBT and DBT therapy to children and adolescents with a variety of acute psychiatric conditions in inpatient and day treatment programs. <u>Supervisors:</u> Deanna Reilly, Ph.D., & Sandra Whitehouse, Ph.D.
2014-2015	<b>Clinical Assessment and Treatment Provider, Autism Spectrum Disorders Clinic, University of Utah, Dept. of Psychiatry, Neurobehavioral HOME Program</b> – Salt Lake City, UT Provided individual and family therapy to children, adolescents, and adults with autism spectrum disorders and comorbid psychiatric and medical conditions. Provided psychodiagnostic (ADOS-2, SRS-2, SCQ), neurocognitive and adaptive evaluation (WAIS-IV, WPPSI-V, WISC-V, NEPSY-II, D-KEFS, Vineland), wrote integrative reports, and provided feedback to families. <u>Supervisor:</u> Julia Connelly, Ph.D.
2014	<b>Group Co-Facilitator, Primary Children's Hospital</b> – Salt Lake City, UT Provided group mindfulness-based intervention for female adolescents with chronic headaches and comorbid medical and psychiatric conditions. <u>Supervisor:</u> Dedee Caplin, Ph.D.
2013-2014	<b>Group Co-Facilitator, University of Utah, Dept. of Psychiatry</b> – Salt Lake City, UT Provided group-based social skills training for children and adults with autism spectrum disorders, intellectual disability, oppositional-defiant disorder, and attention deficit/hyperactivity disorder. <u>Supervisor:</u> Megan Farley, Ph.D.
2012-2014	<b>Clinical Assessment and Treatment Provider, Davis Behavioral Health</b> – Kaysville, UT

Provided psychological assessment for families at a Medicaid-funded facility using the NEPSY-2, WISC-IV, WNV, Woodcock Johnson, BASC-2, Vineland-II, and SRS-2. Provided evidence-based family and individual therapy. Provided consultation on evidence-based practices for other treatment providers.

Supervisor: Todd Soutor, Ph.D.

2012-2014 **Group Co-Facilitator, Fourth Street Clinic Open Door Group for Homeless Adolescents and Young Adults** – Salt Lake City, UT

Conducted weekly psychotherapy groups for youth with psychiatric conditions who were experiencing homelessness.

Supervisor: Kelly Lundberg, Ph.D.

2011-2012 **Clinical Assessment Practicum Counselor, University of Utah, Dept. of Psychology** – Salt Lake City, UT

Administered psychological assessments to clients at the University Counseling Center and to adult and child clients from the community. Scored assessment inventories including, but not limited to, the MMPI-2, NEO-PI-R, and CAARS, BASC-2, Conner's, CDI, MASC, & CARS-2 HF. Wrote integrative reports.

Supervisors: Don Strassberg, Ph.D., ABPP

2011-2012 **Cognitive Behavioral Therapy Practicum Counselor, University of Utah, Dept. of Psychology** – Salt Lake City, UT

Provided weekly cognitive behavioral therapy to adult clients suffering from anxiety and mood disorders, and child clients suffering from anxiety disorders developmental disorders.

Supervisor: Michael Himle, Ph.D.

2011-2012 **Clinical Research Assistant** – Salt Lake City, UT

Conducted SCID interviews with spouses of veterans with and without PTSD and other psychiatric conditions.

Supervisor: Steve Allen, Ph.D.

## Research Experience

Principal Investigator (2015), University of Utah

### **Personality, Relationships, and Health: The Broader Autism Phenotype.**

Investigated links between broader autism phenotype characteristics, relationships, loneliness, and physical and mental health. Designed and implemented survey, mentored research assistants in data analysis and writing for publication.

Mentor: Michael Himle, Ph.D.

Principal Investigator (2015), University of Utah

### **Parent-Child Sexuality Communication: Female Adolescents with ASD.**

In a follow-up to a previous study, investigated parent-reported sexuality education practices, romantic expectations, and sexuality-related concerns for girls with ASD. Responsible for study design, IRB application, participant recruitment, data analysis, and writing for presentation and publication.

Mentor: Michael Himle, Ph.D.

Co-Investigator (2014 – 2015), University of Utah

**Iatrogenic Effects of Sexual Arousal Suppression on Inhibitory Control Among Sexual Offenders and non-Offenders.**

Investigated whether directing individuals to suppress their sexual arousal would reduce their ability to inhibit responses on executive function tasks. Helped with implementing complex physiological software and hardware, managing research assistants, recruiting and running participants from the university and a nearby sex offender clinic, data analysis, and writing for publication.

Mentors: Donald Strassberg, Ph.D., ABPP, & Yana Suchy, Ph.D.

Co-Investigator (2014 – 2015), University of Utah

**Sending and Receiving Sexually Explicit Cell Phone Photos.**

Investigated prevalence and correlates of sending and receiving sexually explicit photos via cell phones in a college sample. Helped with survey design, implementation, recruitment, data analysis, and writing for publication.

Mentor: Donald Strassberg, Ph.D., ABPP

Co-Investigator (2013 – 2015), Primary Children's Medical Center

**Mindfulness-Based Intervention for Adolescents with Chronic Headaches.**

Investigated feasibility and efficacy of a mindfulness intervention for adolescent females with chronic headaches and comorbid psychiatric diagnoses. Helped with study design, adaptation of manualized treatment for setting, co-facilitated group therapy, managed all data entry and analyses, assisted in writing for publication.

Mentors: Dedee Caplin, Ph.D., & Lisa Giles, M.D.

Principal Investigator (2013 – 2015), University of Utah

**Sexuality and ASD: Parent and Young Adult Self-Report.**

Investigated sexuality education practices, romantic expectations, and sexual interests and behavior of young adults with ASD, including a comparison to neurotypical young adults and their parents. Responsible for study design, IRB application, participant recruitment, comprehensive literature review, data analysis, and writing for presentation and publication.

Mentor: Michael Himle, Ph.D. & Donald Strassberg, Ph.D., ABPP

Principal Investigator (2011 – 2013), University of Utah

**Parent Provision of Sexuality Education for Youth with ASD.**

Investigated parent-reported sexuality education practices, romantic expectations, and sexuality-related concerns for adolescents with ASD. Responsible for study design, IRB application, participant recruitment, comprehensive literature review, data analysis, and writing for presentation and publication.

Mentor: Michael Himle, Ph.D. & Donald Strassberg, Ph.D., ABPP

Principal Investigator (2010 – 2012), University of Utah

**Pediatrician Practices in Addressing Sexuality in ASD.**

Surveyed pediatricians about care provided to families, whether their care met AAP best practice standards, and barriers to improving provision of sexual healthcare for families raising a child with ASD. Responsible for study design, IRB application, participant recruitment, comprehensive literature review, data analysis, and writing for presentation and publication.

Mentor: Michael Himle, Ph.D.

Post-Baccalaureate Researcher (2006 – 2010), Florida State University, Florida Center for Reading Research  
**Preschool Curriculum Evaluation Research (PCER) and Preschool Classification and Prevention of Reading Disabilities (LD) Projects.**

Federally funded research on the effectiveness of literacy curricula for ethnic minority and economically disadvantaged children at-risk for reading disabilities. Served as liaison between projects and school administrators, teachers, parents, and children. Trained and managed research assistants. Collected and managed parent & teacher consent and questionnaire data for 2000 participating children. Conducted classroom observations and psychological assessments.

Mentor: Christopher Lonigan, Ph.D.

Co-Investigator (April 2006), Florida State University Honors Thesis

**The Depletion of Regulatory Resources and Sexual Behavior: Controlling Sexual Impulses in the Laboratory.**

Experiment on whether depletion of regulatory resources was associated with more sexualized behavior, specifically sexual harassment. Responsible for participant recruitment, experiment administration, comprehensive literature review, assistance with data analyses in SPSS, and report writing.

Mentor: Roy Baumeister, Ph.D.

## Publications

**Holmes, L. G.,** Himle, M. B., Sewell, K. K., Carbone, P. S., Strassberg, D. S., & Murphy, N. A. (2014). Addressing sexuality in youth with autism spectrum disorders: Current pediatric practices and barriers. *Journal of Developmental and Behavioral Pediatrics, 35*, 172-178.

**Holmes, L. G.,** & Himle, M. B. (2014). Brief report: Parent-child sexuality communication and autism spectrum disorders. *Journal of Autism and Developmental Disorders, 44*, 2964-2970.

**Holmes, L. G.,** Himle, M. B., & Strassberg, D. S. (2015). Parental romantic expectations and parent-child sexuality communication in autism spectrum disorders. *Autism*. Advance online publication. doi:10.1177/1362361315602371

**Holmes, L. G.,** Himle, M. B., & Strassberg, D. S. (2015). Parental sexuality-related concerns for adolescents with autism spectrum disorders and average or above IQ. *Research in Autism Spectrum Disorders, 21*, 84-93.

**Holmes, L. G.,** & Himle, M. B. (in press). *Tics*. The SAGE Encyclopedia of Abnormal and Clinical Psychology. Accepted 10/1/2015.

Hesse, T., **Holmes, L. G.,** Giles, L. L., Overfelt-Kennedy, V., & Kerr, L. M. (2015). Mindfulness-based intervention for adolescents with chronic headaches: A non-randomized pilot feasibility study. *Evidence-Based Complementary and Alternative Medicine. 10.11552015/508958*.

## Conference Presentations

- Holmes, L. G.,** Doctorman, C., Himle, M. B., & Strassberg, D. S. (2015). Parents and adults with autism spectrum disorder: A dyadic study of parent-child sexuality communication. Poster presented at the annual convention of the International Meeting for Autism Research (IMFAR), Salt Lake City, UT.
- Holmes, L. G.,** Himle, M. B., & Doctorman, C. (2014). Parent-child sexuality communication and ASD: Why not? Poster presented at the annual convention of the Association for Cognitive and Behavioral Therapies (ABCT), Philadelphia, PA.
- Holmes, L. G.,** Himle, M. B., & Doctorman, C. (2014). Primary sources of sexual knowledge for young adults with ASD. Poster presented at the annual convention of the Association for Cognitive and Behavioral Therapies (ABCT), Philadelphia, PA.
- Holmes, L. G.,** & Himle, M. B. (2013). Factors that predict parental provision of sex education for youth with high and low functioning autism. Poster presented at the annual convention of the Association for Cognitive and Behavioral Therapies (ABCT), Nashville, TN.
- Holmes, L. G.,** Himle, M. B., Strassberg, D. S., & Farley, M. A. (2013). Parental expectations affect provision of sex education for children with autism spectrum disorders. Poster presented at the annual convention of the American Psychological Society (APS), Washington, D. C.
- Himle, M. B., **Graham, L.,** Capriotti M. R., Wilhelm S., Deckersbach, T., Specht, M., Walkup, J., Scahill, L., Sukholdolsky, D., Peterson, A., Villarreal, R., Chang, S., Flacks, L., & Piacentini, J. (2011). Function-based assessment in the CBIT trial. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies (ABCT), Toronto, Canada.
- Graham, L.,** Freitag, M. J., Fitts, W., Ghaffarian, R., Himle, M., Franklin, S., Ely, L. J., Walther, M., & Woods, D. W. (2011). Using videoconference to disseminate behavior therapy for tics: Parent and clinician outcomes from a randomized pilot trial. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies (ABCT), Toronto, Canada.
- Fitts, W. A., **Graham, L.,** Himle, M. B., Freitag, M. J., Franklin, S., Ely, L. J., Walther, M., & Woods, D. W. (2010). Using technology to treat tics: A randomized pilot trial comparing telehealth versus face-to-face delivery of CBIT for Tourette Syndrome. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), San Francisco, CA.
- Phillips, B. M., Lonigan, C. J., & **Graham, L.** (2006). Now I know my ABC's: Alphabetic order and first name predict letter knowledge development in young children. Paper presented at the Annual Meeting of the Society for the Scientific Study of Reading, Vancouver, Canada.
- Hudson, A.T., **Graham, L.,** Connor, R.E., & Richey, J.A. (2005) Factor structure and psychometric properties of the Social Interaction Anxiety Scale (SIAS). Poster presented at the annual convention of the Anxiety Disorders Association of America (ADAA), Seattle, WA.

2010 – Present      **Member, Sexuality Research Group, University of Utah**  
Presented original research and attended biweekly meetings of presentations of scholarly work and/or professional issues.

2010 – Present      **Member, Developmental and Clinical Child and Families Research Group, University of Utah**  
Presented original research and attended biweekly meetings of presentations of scholarly work and/or professional issues.

## Teaching Experience

### University of Utah:

Spring 2016      *University Graduate Teaching Fellow, **Sexuality and Disability***  
Received funding and mentorship to develop and teach course.

Fall 2015      *Teaching Assistant, **Psychology of Love** with Lisa Diamond, Ph.D.*

Summer 2015      *Graduate Instructor, **Psychology as a Science and a Profession***

Spring 2015      *Graduate Instructor, **Adolescence and Emerging Adulthood** (online)*

Fall 2014      *Graduate Instructor, **Child and Adolescent Development** (online)*

Summer 2014      *Graduate Instructor, **Psychology as a Science and a Profession***

Spring 2014      *Graduate Instructor, **Childhood and Adolescent Development** (online)*

Fall 2013      *Graduate Instructor, **Childhood and Adolescent Development** (online)*

Summer 2013      *Graduate Instructor, **Psychology as a Science and a Profession***

Spring 2013      *Teaching Assistant, **Research Methods** (online)*

Fall 2012      *Graduate Instructor, **Infancy & Early Childhood** (online)*

Summer 2012      *Graduate Instructor, **Childhood and Adolescent Development***

Spring 2012      *Teaching Assistant, **Introductory Psychology***

Fall 2011      *Teaching Assistant, **Introductory Psychology***

Summer 2011      *Graduate Instructor, **Psychology of Sex and Gender** (online)*

Spring 2011      *Teaching Assistant, **Introductory Psychology***

Fall 2010      *Teaching Assistant, **Statistics***

## Workshops and Trainings

Early Start Denver Model Introductory Training. 2015. *Sally Rogers, Ph.D.*, International Meeting for Autism Research Pre-Conference, Salt Lake City, UT.

Grant Writing. 2014. *Bert Uchino, Ph.D.*, University of Utah. Weekly course providing training on grant writing.

Scientific Writing. 2014. *Lisa Diamond, Ph.D.*, University of Utah. Weekly course providing training on scientific writing, time management, conference presentations, and the review process.

Supervision and Consultation. 2014. *Patricia Kerig, Ph.D.*, University of Utah. Weekly course providing training on supervision and consultation issues.

Mini-Workshop: Increasing Awareness & Connection in Ethnically/Racially Diverse Therapist-Client Dyads.

2014. *Monnica T. Williams, Ph.D.*, Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Introduction to Hierarchical Linear Models for Longitudinal Data. 2014. *Robert Gallop, Ph.D.*, Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Applied Behavior Analysis. 2014. *Michael Himle, Ph.D.*, University of Utah. Weekly course providing training on behavioral philosophy and techniques.

Multilevel Modeling. 2014. *Brian Baucom, Ph.D.*, University of Utah. Weekly course providing training in multilevel modeling and longitudinal statistical techniques.

Dialectical Behavior Therapy. 2013-14. *Michael Tragikis, Ph.D., and Sheila Crowell, Ph.D.*, SLC DBT Treatment and Training Consortium, Salt Lake City VA Healthcare System. Weekly DBT training course.

Introduction to Mindfulness-Based Cognitive Therapy for Children Workshop. 2013. *Randy J. Semple, Ph.D.*, Association for Behavioral and Cognitive Therapies, Nashville, TN.

Mindful Schools Training Workshop. 2013. *Megan Cowan, Chris McKenna, & Vinny Ferraro.* Mindful Schools, Oakland, CA. Three-day workshop providing training on Mindful Schools curriculum.

Acceptance and Commitment Therapy Training. 2013. *Michael Twohig, Ph.D.*, Utah State University, Logan, UT. 2013. Two-day introductory workshop.

Mindfulness-Based Stress Reduction. 2013, 2015. *Vicki Kennedy-Overfelt.* Two month workshop for therapists to develop their own mindfulness practice.

Multilevel Mediation Analyses Workshop. 2013. *Andrew Hayes, Ph.D.*, Association for Psychological Science, Washington D.C.

Intro to Structural Equation Modeling Workshop. 2013. *Gregory R. Hancock, Ph.D.*, Association for Psychological Science, Washington D.C.

Sex Therapy. 2013. *Donald Strassberg, Ph.D., ABPP,* University of Utah. Three-week course on the assessment and treatment of sexual dysfunctions.

Group Therapy. 2013. *Kelly Lundberg, Ph.D.*, University of Utah. Weekly course on evidence-based practices in group therapy.

Developmental Psychopathology, Assessment, and Treatment of PTSD. 2012-13. *Patricia Kerig, Ph.D.*, University of Utah. Yearlong weekly course. Completed MUSC training in Trauma-Focused CBT (TF-CBT) and Cognitive Processing Therapy (CPT). Learned assessment measures (e.g., CAPS) for children and adults.

Cognitive Behavioral Conjoint Therapy for PTSD Workshop. 2012. *Candice Monson, Ph.D.* Salt Lake City VA Healthcare System. Two-day intensive training on CBCT.



Psychological First Aid. 2012. *Brian Allen, Ph.D.*, Primary Children's Center for Safe and Healthy Families. Trained on the PFA protocol, administered a group-based intervention at a local junior high school.

ADOS and ADI-R Overview Workshop. 2012. *Megan Farley, Ph.D.*, University of Utah.

Development, Psychopathology, & Intervention. 2012. *Patricia Kerig, Ph.D.*, University of Utah. Weekly course on evidence-based psychological treatments for children and adolescents.

Facilitating the Development of Emotion Regulation Skills for Youth with Autism Spectrum Disorders: Focusing on Therapy Readiness and CBT Interventions Workshop. 2011. *Shana Nichols, Ph.D.* Association for Behavioral and Cognitive Therapies, Toronto, CA.

### Professional Memberships

- 2016 – Present Student Member of the International Academy of Sex Research
- 2013 – Present Student Member of the International Society for Autism Research
- 2013 – Present Student Member of the American Psychological Society
- 2010 – Present Student Member of American Psychological Association – Division 53
- 2010 – Present Student Member of American Psychological Association – Division 54
- 2010 – Present Student Member of Association of Behavioral and Cognitive Therapies

### Service Activities

- 2016 Review, *Journal of Childhood and Developmental Disorders*
- 2015 Reviewer, *Journal of Autism and Developmental Disorders*
- 2015 Ad-hoc Co-Reviewer, *Autism*
- 2015 Ad-hoc Co-Reviewer, *Archives of Sexual Behavior*
- 2015 Ad-hoc Co-Reviewer, *Archives of Sexual Behavior*
- 2015 Ad-hoc Co-Reviewer, *Archives of Sexual Behavior*
- 2014 – Present Student and Trainee Committee Member, International Society for Autism Research (INSAR)
- 2014 Ad-hoc Co-Reviewer, *Autism*
- 2014 Student representative to the Professional Issues and Ethics Committee, University of Utah Department of Psychology
- 2014 Student representative to the Graduation Committee, University of Utah Department of Psychology
- 2013 – Present Student representative to the Diversity Committee, University of Utah Department of Psychology
- 2013 Graduate Student Mentor, Senior Thesis Project by Roxane Ghaffarian
- 2013 Ad-hoc Co-Reviewer, *Current Psychology*
- 2012 Ad-hoc Co-Reviewer, *Behavior Modification*
- 2011 – 2012 Student Representative to the Clinical Training Committee, University of Utah Department of Psychology