Michele Herzer, Ph.D.

Assistant Professor, Department of Pediatrics, University of Missouri-Kansas City
Licensed Psychologist, Division of Developmental & Behavioral Sciences and Gastroenterology
Children's Mercy Hospitals and Clinics
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EDUCATION:

6/08 **Ph.D. in Clinical Psychology,** Rosalind Franklin University of Medicine and Science (formerly Finch University of the Health Sciences/The Chicago Medical School), North Chicago, IL.
Health Psychology Specialization Track

8/04 **M.S. in Clinical Psychology,** Finch University of the Health Sciences/The Chicago Medical School), North Chicago, IL.

5/01 **B.S. in Biology (Minor: Psychology; Structured Minor: Math, Chemisty, Physics),** The University of Arizona, Tucson, AZ

EMPLOYMENT:

10/10-present **Clinical Psychologist (appointment to medical staff),** Division of Developmental & Behavioral Sciences and Gastroenterology, Children's Mercy Hospitals and Clinics, Kansas City, MO

9/08-9/10 **Postdoctoral Fellow,** Center for the Promotion of Treatment Adherence and Self-Management, Cincinnati Children's Hospital Medical Center, Cincinnati, OH.

8/07-8/08 **Pediatric Psychology Resident,** A.I. duPont Hospital for Children, Wilmington, DE.

LICENSURE:

Missouri & Kansas, Licensed

SKILLS:

Program Dev't: Transition Task Force, Gastroenterology Clinic, Children's Mercy Hospital

Multidisciplinary IBD Clinic, Gastroenterology Clinic, Children's Mercy Hospital
Clinical Service, Center for the Promotion of Treatment Adherence and Self-Management, Cincinnati Children's Hospital

Computer: Proficient on SPSS v15.0 and SAS v9.2

Language: French- fluent, native speaker

PROFESSIONAL AFFILIATIONS:

10/10-present Crohns and Colitis Foundation of America (CCFA), Medical Advisory Committee, member of Leadership Board

10/02-present American Psychological Association, member (with exception of 2007-2009)

10/10-present APA Division 54 Special Interest Group: Pediatric Adherence, member

10/10-present APA Division 54 Special Interest Group: Pediatric Gastroenterology, member

3/04-present Society of Behavioral Medicine, member (with exception of 2007 & 2008)

9/06-present APA Division 54- Society of Pediatric Psychology, Student Affiliate, member

10/02-9/06 American Psychological Association, Student Affiliate, member

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AWARDS:

2010 ***Recipient*- Meritorious Student Award and Citation winner,** Society of Behavioral Medicine's 31st Annual Meeting and Scientific Sessions, April 2010.

2008 ***Recipient*- Clinical Education Award**
This award is in recognition of excellence in advocacy and professional judgment in clinical work.

GRANTS:

7/1/11-7/1/13 ***Principal Investigator,*** Katharine B. Richardson Foundation Awards, Children's Mercy Hospital, *Evaluating the Efficacy of a Muticomponent Adherence-Promoting Intervention Package in Youth with IBD: A Replication-Extension Study Using Single-Case Methodology.*

6/1/09-5/31/10 ***Co-investigator,*** Digestive Health Center Grant, Cincinnati Children's Hospital Medical Center, *Individualized Management of Adherence in Crohn's and Colitis (IMACC) Study*.
Principal Investigator: Kevin A. Hommel, Ph.D., Assistant Professor of Pediatrics

TEACHING, MENTORING, AND SUPERVISION EXPERIENCE:

10/11-present ***Research Mentor,*** Section of Developmental and Behavioral Pediatrics, Children's Mercy Hospitals and Clinics, Kansas City, MO
Duties: Provide supervision to psychology intern working towards research goals during internship

7/11 & 9/11 ***Presenter*, "Adherence to Pediatric Medical Regimens,"** Children's Mercy Hospitals and Clinics, Kansas City, MO
Audience: Staff Psychologists, D&B Fellows, Residents

4/11 ***Presenter*, "Psychosocial Functioning and Screening in Pediatric IBD,"** Children's Mercy Hospitals and Clinics, Kansas City, MO
Audience: GI Physicians, Fellows, Residents, Nursing Staff

7/09-6/10 ***Supervisor,*** New Onset Seizure Disorder Clinic, Cincinnati Children's Hospital Medical Center, OH.
Duties: Provided weekly supervision to psychology residents rotating through the clinic.
Supervisor: Avani Modi, Ph.D., Assistant Professor of Pediatrics.

9/08-9/10 ***Supervisor,*** Promoting Adherence to Crohn's and Colitis Treatment (PACCT) Study, Cincinnati Children's Hospital Medical Center, OH.
Duties: Provided regular supervision to psychology graduate students regarding study management and delivery of intervention.
Supervisor: Kevin Hommel, Ph.D., Assistant Professor of Pediatrics.

9/08-9/10 ***Supervisor,*** Individualized Management of Adherence in Crohn's and Colitis (IMACC) Study, Cincinnati Children's Hospital Medical Center, OH.
Duties: Provided regular supervision to psychology graduate students regarding study management and delivery of intervention.
Supervisor: Kevin Hommel, Ph.D, Assistant Professor of Pediatrics.

4/10 ***Presenter*, "Family Functioning and Health Outcomes in Pediatrics,"** Division of Behavioral Medicine and Clinical Psychology, Cincinnati Children's Hospital Medical Center, OH
Audience: Faculty, Staff Psychologists, Research Assistants

6/09 ***Presenter*, "Challenging Clinical Case: Chronic Crisis Management,"** Center for the Promotion of Treatment Adherence and Self-Management, Cincinnati Children's Hospital Medical Center, OH
Audience: Faculty, Staff Psychologists, Research Assistants

6/09 ***Presenter*, "Writing the Perfect Manuscript,"** Center for the Promotion of Treatment Adherence and Self-Management, Cincinnati Children's Hospital Medical Center, OH.
Audience: Faculty, Staff Psychologists, Research Assistants

6/09 ***Presenter*, "Steps to Attaining a Career in Pediatric Psychology,"** Center for the Promotion of Treatment Adherence and Self-Management, Cincinnati Children's Hospital Medical Center, OH.
Audience: Graduate Students Volunteers, Center for the Promotion of Treatment Adherence and Self-Management

3/09 ***Presenter*, "Pediatric Kidney Disease & Adherence,"** Center for the Promotion of Treatment Adherence and Self-Management, Cincinnati Children's Hospital Medical Center, OH.
Audience: Graduate Student Volunteers, Center for the Promotion of Treatment Adherence and Self-Management

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RESEARCH EXPERIENCE:

7/11-present ***Principal Investigator & Interventionist,* Evaluating the Efficacy of a Multicomponent Adherence-Promoting Intervention Package in Youth with IBD: A Replication-Extension Study Using Single-Case Methodology,** Division of Developmental & Behavioral Sciences and Gastroenterology, Children's Mercy Hospitals and Clinics, Kansas City, MO.
Duties: Developed study methodology and design, and wrote study protocol. Provided multicomponent adherence-promoting intervention to nonadherent youth with inflammatory bowel disease (IBD).
Funding: Katharine B. Richardson Foundation Awards, Children's Mercy Hospitals and Clinics

7/11 - present ***Principal Investigator,* Development and Refinement of the IBD KNOW-IT Questionnaire,** Division of Developmental & Behavioral Sciences and Gastroenterology, Children's Mercy Hospitals and Clinics, Kansas City, MO.
Duties: Developed study methodology and design, and wrote study protocol.

2/09-9/10 ***Interventionist,* Evaluation of the Outcome of Behavioral Intervention to Promote Adherence to Treatment,** Center for Adherence and Self-Management, Cincinnati Children's Hospital Medical Center, OH.

Duties: Recruited patients and families for NIH-funded multisite research study conducting behavioral interventions used in the management of problematic adherence to medical treatments.
Supervisors: Sandra Cortina, Director of Clinical Services, and Dennis Drotar, Ph.D., Director of the Center for Adherence and Self-Management

4/09-present ***Co-investigator & Interventionist,* Individualized Management of Adherence in Crohn's and Colitis (IMACC) Study**, Cincinnati Children's Hospital Medical Center, OH.
Duties: Wrote Digestive Health Center (DHC) grant; developed protocol and deliver randomized clinical trial intervention designed to pilot test efficacy of an individually-tailored, family-based behavioral intervention to improve medication adherence in youth with IBD.
Funding: Digestive Health Center (DHC)
Principal Investigator: Kevin A. Hommel, Ph.D., Assistant Professor of Pediatrics.

9/08-9/10 ***Interventionist,* Promoting Adherence to Crohn's and Colitis Treatment (PACCT) Study**, Cincinnati Children's Hospital Medical Center, OH.
Duties: Delivered NIH/NIDDK-funded randomized clinical trial intervention designed to test efficacy of family-based behavioral intervention to improve adherence in adolescents with IBD; use existing dataset to conduct statistical analyses; prepare manuscripts for publication to peer-reviewed journals.
Funding: National Institute of Health (NIH)/National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) (K23 DK079037)
Principal Investigator: Kevin A. Hommel, Ph.D., Assistant Professor of Pediatrics.

9/08-9/10 ***Interventionist,* OPTIMAL Study**, Cincinnati Children's Hospital Medical Center, OH.
Duties: Delivered NIH/NCI-funded family problem solving intervention to promote adherence to oral medication for acute lymphoblastic leukemia (ALL) / lymphoblastic lymphoma (LBL) among adolescents and their parents.
Funding: National Institute of Health (NIH)/National Cancer Institute (NCI) (1R01CA119162-01A1)
Principal Investigator: Dennis Drotar, Ph.D., Professor, Director of the Center for Adherence and Self-Management

9/08-9/10 **Pediatric Diabetes and Family (PDF) Study,** Cincinnati Children's Hospital Medical Center, OH.

Duties: Used existing dataset from NIH/NIDDK-funded research study to conduct statistical analyses; prepare manuscripts for publication to peer-reviewed journal.
Funding: National Institute of Health (NIH) (K23 DK-073340)
Principal Investigator: Korey Hood, Ph.D., Assistant Professor of Pediatrics.

9/08-9/10 **Family View: A Study of Health-Related Quality of Life and Family Functioning for Youth Pursuing Weight Management Intervention,** Cincinnati Children's Hospital Medical Center, OH.
Duties: Used existing dataset from longitudinal study to conduct statistical analyses; prepare manuscripts for publication to peer-reviewed journals.
Funding: National Institute of Health (NIH) (K23 DK60031, T32 DK063929, R03 DK0788901)
Supervisor: Avani Modi, Ph.D., Assistant Professor of Pediatrics.

CLINICAL EXPERIENCE:

10/10-present ***Licensed Psychologist,*** Divisions of Developmental and Behavioral Pediatrics/Gastroenterology, Children's Mercy Hospitals and Clinics, Kansas City, MO
Duties: Provide outpatient therapy to youth with IBD, as well as clinic-based mental health services to youth with IBD being seen for routine care in the GI Clinic. Services target adherence to treatment regimen, coping/adjustment to a new diagnosis and chronic illness demands,

9/08-9/10 ***Postdoctoral Fellow,*** Center for the Promotion of Treatment Adherence and Self-Management, Cincinnati Children's Hospital Medical Center, OH
Duties: Provided specialized outpatient and inpatient therapy targeting adherence to prescribed medication among chronically ill youth, ages 4-18; utilized electronic monitoring of adherence as supplement to outpatient treatment; provided adherence-promoting intervention as part of family-based randomized clinical trials for children and adolescents with Inflammatory Bowel Disease (IBD) and Acute Lymphoblastic Leukemia (ALL); provided clinic-based outpatient therapy to youth with newly diagnosed epilepsy seen in a New Onset Seizure Disorder Clinic as well as youth with kidney disease seen in a Nephrology Clinic; provided ongoing adherence-focused education to physicians, fellows, and residents across various medical subspecialties.
Supervisors: Sandra Cortina, Ph.D., Kevin A. Hommel, Ph.D., Avani Modi, Ph.D., Ahna Pai, Ph.D., Dennis Drotar, Ph.D.

8/07 - 8/08 ***Psychology Resident,*** Alfred I. duPont Hospital for Children, Wilmington, DE. APA accredited

Duties: Provided individual and family outpatient therapy to children and adolescents with comorbid medical, emotional, and behavioral disorders; provided inpatient consultation/liaison services to chronically ill children and families; coordinated and led psychoeducational parent-training groups targeting disruptive behaviors and ADHD; coordinated and led child social skills groups; conducted diagnostic and neuropsychological evaluations; wrote comprehensive evaluation reports; conducted direct school consultations and classroom observations; provided outpatient therapy services to children and adolescents in a pediatric weight management clinic as well as a primary care medical setting; conducted bone marrow transplant evaluations and neuropsychological evaluations of children treated for cancer and brain tumors; was a member of the Bone and Blood Marrow Transplant (BBMT) Team.
Supervisors: Rochelle Glidden, Psy.D., Roger Harrison, Ph.D., Meredith Lutz-Stehl, Ph.D., Colleen Sherman, Ph.D., Jennifer Shroff-Pendley, Ph.D., Doug Tynan, Ph.D.

BOOKS:

Contributor: Nationwide Children's Hospital and Cincinnati Children's Hospital Medical Center (2011). Inflammatory Bowel Disease Self-Management Handbook.

PUBLICATIONS:

Herzer, M., Ramey, C., Rohan, J., & Cortina, S. (2011). Incorporating electronic monitoring into clinical care: A novel and promising adherence promotion approach. *Clinical Child Psychology and Psychiatry.* Advance Access.

Hommel, K.A., Hente, E.A., Odell, S., **Herzer, M.,** Ingerski, L.M., Guilfoyle, S.M., & Denson, L.A. (2011). Evaluation of a group-based behavioral intervention to promote adherence in adolescents with Inflammatory Bowel Disease. *European Journal of Gastroenterology and Hepatology, 24(1),* 64-69.

Hommel, K.A., **Herzer, M**., Ingerski, L.M., Hente, E., & Denson, L.A. (2011). Individually-tailored treatment of medication nonadherence: A pilot study. *Journal of Pediatric Gastroenterology and Nutrition*, 53(4), 435-439.

Hilliard, M.E., **Herzer, M.,** Dolan, L.M., & Hood, K.K. (2011). Psychological screening of adolescents with type 1 diabetes predicts outcomes one year later. *Diabetes Research and Clinical Practice,* 94(1), 39-44.

Herzer, M., Vesco, A., Ingerski, L., Dolan, L.M., & Hood, K.K. (2011). Explaining the family conflict – glycemic control link through psychological variables in adolescents with type 1 diabetes. *Journal of Behavioral Medicine, 34(4),* 268-274.

Zakowski, S.G., **Herzer, M.,** Dittoe Barret, S., Gerfen Milligan, J., & Beckman, N. (2011). Who benefits from emotional expression? An examination of personality differences among gynecological cancer patients participating in a randomized controlled emotional disclosure intervention trial. *British Journal of Psychology, 102,* 355-372.

Herzer, M., Zeller, M., Rausch, J., & Modi, A. (2011). Perceived social support among treatment-seeking youth with obesity: Examining what type is needed and from whom. *The Journal of Developmental and Behavioral Pediatrics, 32(3),* 188-195.

Herzer, M., Denson, L.A., Baldassano, R.N., & Hommel, K.A. (2011). Family functioning and health-related quality of life in adolescents with pediatric inflammatory bowel disease. *European Journal of Gastroenterology and Hepatology, 23,* 95-100.

Herzer, M., Denson, L.A., Baldassano, R.N., & Hommel, K.A. (2011). Patient and parent psychosocial factors associated with health-related quality of life in pediatric inflammatory bowel disease. *Journal of Pediatric Gastroenterology and Nutrition, 52,* 295-299.

Herzer, M., Goebel, J., & Cortina, S. (2010). Transitioning cognitively impaired young patients with special health needs to adult-oriented care: Collaboration between medical providers and pediatric psychologists. *Current Opinion in Pediatrics,* 22(5): 668-672.

Herzer, M., Godiwala, N, Hommel, K., Driscoll, K., Mitchell, M., Crosby, L., Piazza-Waggoner, C., Zeller, M., & Modi, A. (2009). Family functioning in the context of pediatric chronic conditions. *The Journal of Developmental and Behavioral Pediatrics, 31,* 26-43.

Herzer, M., Umfress, K., Aljadeff, G., Ghai, K., & Zakowski, S. (2009). Positive and Negative Social Interactions among Chronically Ill Children: Cross-Domain Buffering Effects. *Journal of Developmental and Behavioral Pediatrics, 30,* 499-508.

Herzer, M. & Hood, K. (2009). Anxiety symptoms in adolescents with type 1 diabetes: Association with blood glucose monitoring and glycemic control. *Journal of Pediatric Psychology, 35(4),* 415-425.

Schmaus, B.J., Laubmeier, K.K., Boquiren, V.M. **Herzer, M.**, & Zakowski, S.G. (2008). Gender and stress: Differential psychophysiological reactivity to stress reexposure in the laboratory. *International Journal of Psychophysiology, 69,* 101-106.

Herzer, M., Zakowski, S.G., Flanigan, R., & Johnson, P. (2006). The relationship between threat appraisal and social constraints in cancer survivors and their spouses. *Journal of Behavioral Medicine, 29,* 549-560.

Kaemingk, K.L., Carey, M.E., Moore, I., **Herzer, M.**, & Hutter, J. (2004). Math Weaknesses in Survivors of Acute Lymphoblastic Leukemia Compared to Healthy Children. *Child Neuropsychology, 10,* 14-23.

REVIEWS:

2011 Reviewer, *Journal of Pediatric Gastroenterology & Nutrition*
2006 Ad hoc Reviewer: *Journal of Behavioral Medicine*

2012 Abstract Reviewer: *25th Midwest Regional Conference on Pediatric Psychology*
2009 Abstract Reviewer: *APA Conference*

CONFERENCE PRESENTATIONS:

Herzer, M., McCullough, J., & Christenson, K. (2012). *Development of the IBD KNOW-IT Questionnaire: A measure of youth and caregiver knowledge of IBD and its treatment*. Poster presented at the 25th Midwest Regional Conference on Pediatric Psychology, Milwaukee, WI.

Kevern, B., Marshall, J., **Herzer, M.**, Apodaca, T., Johnson, R., Lynch, D., Warady, B., Domen, J., & Gandy, K. (2012). *Design of a smart-phone app with the potential to improve adherence in organ transplantation*. Poster presented at the 32nd Annual Meeting of the International Society for Heart and Lung Transplantation, Prague, Czech Republic.

Herzer, M., & Hood, K.K. (2010). *Explaining the family conflict – glycemic control link through psychological variables in adolescents with type 1 diabetes*. Presentation at the Society of Behavioral Medicine's 31st Annual Meeting and Scientific Sessions, Seattle, WA.

Herzer, M., Godiwala, N, Hommel, K., Driscoll, K., Mitchell, M., Crosby, L., Piazza-Waggoner, C., Zeller, M., & Modi, A. *Family Functioning in Children with Chronic Illnesses and Healthy Controls.* Poster presented at the 2009 Midwest Conference in Pediatric Psychology, Kansas City, MO.

Herzer, M., Zakowski, S.G., Umfress, K., Aljadeff, G., & Ghai, K. (April 2008). *Positive and Negative Social Interactions among Chronically Ill Children: Within- and Cross-Domain Buffering Effects.* Poster presented at the 2008 National Conference in Child Health Psychology, Miami, FL.

Herzer, M., & Zakowski, S.G. (March 2006). *Effects of appraisal of cancer patients' health status on social constraints.* Poster presented at the Annual Meeting of the American Psychosomatic Society, Denver, CO.

Herzer, M., & Zakowski, S.G. (January 2005). *A Prospective Examination of Patient Threat Appraisal and Spousal Constraints in Cancer Survivors.* Poster presented at the Society of Behavioral Medicine's 26th Annual Meeting and Scientific Sessions, Boston, MA.

Schmaus, B., Boquiren, V., Pontarelli, N., **Herzer, M.,** Laubmeier, K., & Zakowski, S. (October 2004). *Gender and Stress: Differential Reactivity upon Reexposure to a Lab Stressor.* Poster presented at the American Psychosomatic Society, Vancouver, Canada.

Zakowski, S., **Herzer, M.,** Fidler, A., & Dittoe, S. (January 2004). *Differential Effects of Emotional Disclosure in Male and Female Cancer Patients.* Paper presented at the 1st Annual Conference of the American Psychosocial Oncology Society, Orlando, FL.

Quartana, P.J., **Herzer, M.**, & Zakowski, S.G. (March, 2004). *A Prospective Analysis of the Effects of Spousal Support on Prostate and Gynecological Cancer Patients.* Paper presented at the 25th Annual Proceedings of the Society of Behavioral Medicine, Baltimore, MD.

Kaemingk, K.L., Carey, M.E., **Herzer, M.**, Moore, I., & Hutter, J. *Math Deficits in Leukemia Survivors,* Poster presented at International Neuropsychological Society, Thirty-First Annual Meeting, February 5-8, 2003, Honolulu, HI.

Boquiren, V.M., Schmaus, B.J., Laubmeier, K.L., **Herzer, M.**, & Zakowski, S.G. (October, 2003). *The Moderating Effect of the Ability to Describe One's Emotions on the Affective Quality of Expressive Writing and Physiological Reactivity.* Poster presented at the American Psychological Society Conference, Chicago, IL.

Schmaus, B.J., Boquiren, V.M., **Herzer, M.**, Laubmeier, K.L., & Zakowski, S.G. (October, 2003). *The Impact of Personality on Mood Responses to a Laboratory Task: An Examination of the Role of Neuroticism and Extraversion.* Poster presented at the American Psychological Society Conference, Chicago, IL.

COMMUNITY PRESENTATIONS:

Herzer, M. (November 2011). Adherence to Medication: Why is it important? How can we make it easier? Presentation at the 2011 IBD Pediatric Patient Education Symposium, Crohn's and Colitis Foundation of America, Kansas City, MO.

Herzer, M., & Wassom, M. (November 2010). *IBD is a Pain: Survival Strategies for Patients and Parents.* Presentation at the 2010 IBD Pediatric Patient Education Symposium, Crohn's and Colitis Foundation of America, Kansas City, MO.

Herzer, M., & Christenson, K. (November 2010). *Why Should I?* Presentation at the 2010 IBD Pediatric Patient Education Symposium, Crohn's and Colitis Foundation of America, Kansas City, MO.