

CURRICULUM VITAE
Elisabeth M. Adams, LMSW
(Last revised August 2026)

EDUCATIONAL HISTORY

- 2026 ***University of Houston***, Houston, Texas
Degree: Doctor of Philosophy (Ph.D.) in Social Work, May 2030 (expected graduation date)
- 2024–2026 ***University of Houston***, Houston, Texas
Degree: Master of Social Work, May 2026
GPA: 4.0
- 2020–2024 ***University of Houston***, Houston, Texas
Degree: Bachelor of Arts in Psychology, May 2024
GPA: 3.98

HONORS AND AWARDS

- 2026–2030 Texas Leadership Research Scholarship (\$80,000), Texas Higher Education Coordinating Board
- 2026 Outstanding MSW Face-to-Face Student Award
- 2025–2026 Minority Fellowship Program (\$10,000), Council on Social Work Education
- 2025–2026 Charlotte Campbell GCSW Alumni Association Scholarship (\$3,000), Graduate College of Social Work, University of Houston
- 2025 Phi Alpha Honor Society Scholarship (\$500), Phi Alpha Honor Society Mu Lambda Chapter, University of Houston
- 2024 Graduated *Summa Cum Laude*, University of Houston
- 2022 Provost’s Undergraduate Research Scholarship (\$1,000), University of Houston
- 2022 Summer Undergraduate Research Fellowship (\$4,000), University of Houston
- 2020–2024 Dean’s List, University of Houston
- 2020–2024 Academic Excellence Scholarship (\$14,000), University of Houston

PUBLICATIONS

1. Mayorga, N.A., Argueta, S., **Adams, E.**, Vazquez Fentanes, R., Derrick, J.L., Businelle, M., Gallagher, M.W., Cardoso Berger, J., Hernandez, D., Zvolensky, M. J. (Submitted). Ethnic Discrimination and Alcohol Use: The Momentary Role of Experiential Avoidance among Hispanic Adults. *Submitted to the RCMI Innovations in Biomedical Research and Community Health special issue of Population Health Management.*
2. Leung, P., Olson, L., **Adams, E.M.**, & Cheung, M. (2026, 439825B). The engagement triad: Child, family, and school influences on academic performance among children in after-school programs. Submitted to *Adolescents*. June 9, 2026. (JCR IF 2024: 0.8)
3. Olson, L., Leung, P., Green, C., Bailey, B., **Adams, E.**, & Cheung, M. (Submitted, CYSR-D-26-01139): From disconnection to achievement: Parental perception differences

between Hispanic and non-Hispanic children in afterschool programs. Submitted to *Children & Youth Services Review*. 4/27/2026.

4. **Adams, E.** (2026). Secondary Trauma Assessment Tools. *Child and Family Journal for Innovative Practice and Research* (Vol. 7, Iss. 1, pp. 11–12). University of Houston.
5. Cheung, M., Minor, K., **Adams, E. M.**, & Park, H. A. (Open Access: November 2, 2025). Transracial adoption among Asian youth: Transitioning through an integrative identity. *Adolescents*, 5, Article 65, 1-18. <https://doi.org/10.3390/adolescents5040065> (JIF2024: 0.8)
6. Laury, R., Walker, A., **Adams, E.**, Bimmerle, A. (2025). An Interview on Mandatory Reporting. *Child and Family Journal for Innovative Practice and Research* (Vol. 6, Iss. 1, pp. 4–6). University of Houston.
7. **Adams, E.** (2025). Community-based Care and Mandatory Reporting. *Child and Family Journal for Innovative Practice and Research* (Vol. 6, Iss. 1, pp. 6–8). University of Houston.
8. **Adams, E.**, Bimmerle, A. (2025). A Review of “Social Workers’ Views and Experiences of Self-care Practices: A Qualitative Interview Study”. *Child and Family Journal for Innovative Practice and Research* (Vol. 6, Iss. 1, pp. 11–13). University of Houston.
9. Godfrey D. A., Heinrich, A., **Adams E.**, Gallagher, M. W. (Under Review). Experiential Avoidance and Aggression: A Meta Analysis. *Journal of Contextual Behavioral Science*.

CONFERENCE PRESENTATIONS AND POSTERS

(formerly Walla)

1. **Walla, E. M.**, Mayorga, N. A., Nizio, P., Zvolensky, M. J. *The Role of Anxiety Sensitivity Among Latinx COVID-19 Survivors*. Poster presented at the 2022 annual University of Houston Undergraduate Research Day, Houston, Texas.
2. **Walla, E. M.**, Mayorga N. A., Nizio, P., Zvolensky, M. J. *Perception of Stigma in Medical Settings During COVID-19: The Role of Sex Differences Among Latinos*. Poster presented at the 2023 annual University of Houston Undergraduate Research Day, Houston, Texas.
3. Godfrey D. A., Reynero, D., **Walla, E. M.**, Babcock, J. C., (2022, September 30th) *A Multilevel Examination of Cardiac Vagal Control and Aggressive Behavior during Interpersonal Conflict Among Partner Violent Couples: The Role of Empathy and Emotion Regulation*, Poster presented at the 62nd annual meeting for the Society of Physiological Research.

CLINICAL RESEARCH POSITIONS AND EMPLOYMENT

Empathy First Clinical Counseling & Consulting
Houston, Texas

August 2025 – **MSW Student Intern**
May 2026 Supervisor: Max Arzola, LCSW-S; Sophia Jurecek, LMSW

Responsibilities:

- Completing individual therapy sessions with clients
- Completing biopsychosocial assessments with new clients for intake
- Completing SOAP and progress notes after client sessions
- Performing administrative duties such as scheduling, confirming, or requesting confirmations for client appointments
- Shadowing clinicians during individual and couples' therapy sessions
- Compiling and creating intern resources, such as schedules, forms, or informational documents
- Attending group supervision, individual supervision, and intern team meetings
- Performing website and social media updates and maintenance

Child Welfare Education Project (CWEP)

Graduate College of Social Work, University of Houston, Houston, Texas

September 2024 –
Present

Research Assistant

Supervisor: Patrick Leung, PhD; Monit Cheung, PhD, LCSW

Research assistant for research-oriented projects and tasks under the Child Welfare Education Project (CWEP).

Responsibilities:

- Editing and reviewing manuscripts to ensure adherence to American Psychological Association (APA) standards and improve overall clarity
- Identifying strengths and improvements within manuscripts prior to submission for publication
- Editing the Annual Evaluation Report, providing recommendations for CWEP Staff and the Texas Department of Family and Protective Services (DFPS) to enhance CWEP student outcomes
- Using SPSS Version 30.0.0.0 to perform data analysis
- Creating PowerPoint presentations for conferences or seminars
- Using Cascade CMS and Modern Campus to update the official CWEP website

March 2025 –
Present

Child & Family Journal (CFJ) Editorial Manager

Supervisor: Monit Cheung, PhD

Editorial manager for the Child & Family Journal (CFJ).

Responsibilities:

- Participating in annual agenda-setting board meetings and drafting meeting minutes to share with the board

- Reviewing, editing, and providing feedback on journal submissions
- Communicating with board members regarding informational updates, journal submissions, and article proposals
- Publishing new journal volumes

Humble Area Assistance Ministries (HAAM)
Humble, Texas

September 2024 –
March 2025

Graduate Intern

Supervisor: Sheila Phillips, MSW

Intern for a nonprofit social service agency providing basic needs assistance for the Humble, Texas community and other counties in Texas.

Responsibilities:

- Assessing clients to connect them to agency services, such as the food pantry, clothing store, or rental assistance department
- Assisting with disaster relief services by gathering client documentation
- Developing a Language Access Plan (LAP) outlining the policy for working with clients with Limited English Proficiency (LEP)
- Participating in case management, supervision, and weekly progress meetings
- Facilitating a computer skills class for older adults living in a residential facility

December 2024 –
March 2025

Case Manager

Supervisor: Sheila Phillips, MSW

Case Manager for the Opportunity Youth (OY) program funded by the Workforce Innovation and Opportunity Act (WIOA).

Responsibilities:

- Following up with clients who exited the Opportunity Youth (OY) program to assess employment status and supportive services needed
- Meeting with unemployed clients and assisting them with résumé development and connecting them to career programs
- Participating in weekly progress meetings to discuss clients' status

The Petoskey Center
Houston, Texas

May 2023 –

Mental Health Intern

May 2024

Supervisor: Jennifer Markey, PhD, M.Ed, CGP

Intern for an intensive outpatient program (IOP) that included observing group psychotherapy and writing clinical notes for all group members in session.

Responsibilities:

- Drafting and submitting clinical notes to the group clinician after each session
- Attending weekly meetings with interdisciplinary program staff and fellow interns to discuss all patients' progress and current mental health status
- Developing and present outreach workshops destigmatizing mental health to various communities in the Houston area
- Executing office maintenance tasks such as filing patient notes and cleaning administrative spaces

RESTORE Laboratory: Research on Emotion, Substance Treatment Outcomes, and Racial Equity

Department of Psychology, University of Houston, Houston, Texas

June 2021 –
May 2024

Research Assistant

Primary Investigator/Supervisor: Michael J. Zvolensky, PhD;
Angelina Mayorga, PhD

Research assistant on a study that assessed the co-occurrence of alcohol use and anxiety levels among Latinx individuals to model state-like experiential avoidance.

Responsibilities:

- Assisting in the development and updating of study materials, pilot testing materials, and programming computer-based assessments and study materials to be administered to participants
- Administering the Mini International Neuropsychiatric Interview (MINI) 7.0.2 to study participants
- Managing and maintaining all participant files and study databases to organize them appropriately
- Preparing, reviewing, and modifying the University's Institutional Review Board (IRB) forms
- Assisting in participant recruitment and retention by leading study team recruitment efforts through organizing recruitment community events
- Monitoring participant data to ensure study requirements were being fulfilled

Research assistant on a study that examined the role of Latino cultural values on college students' physiological and behavioral responses that co-occur with worse health outcomes.

Responsibilities:

- Assisting in the development of study materials and measures, pilot testing materials, and programming computer-based assessments and study materials to be administered to participants
- Preparing, reviewing, and modifying the University's Institutional Review Board (IRB) forms for study approval
- Developing study promotional materials
- Creating syntax to organize study data for SPSS Version 28.0.0.0

Marriage and Emotions Research Lab

Department of Psychology, University of Houston, Houston, Texas

December 2021 –
January 2023

Research Assistant

Primary Investigator/Supervisor: Julia C. Babcock, PhD;
Donald (Andy) Godfrey, PhD, L.P.A.;
Deanna Pollard, M.A.

Research assistant on a study that assessed the effects of two brief interventions on communication and emotional expression between intimate partners who experienced recent intimate partner violence.

Responsibilities:

- Administering study protocols and consent forms to study participants
- Assisting with the setup of study appointments, materials, and administering physiological monitoring equipment to study participants
- Assisting in the development, promotion, and updating of study recruitment materials and participant retention
- Managing and maintaining all participant files, forms, and study databases to organize them appropriately

Research assistant on a meta-analysis project that assessed violence perpetration via aggression and experiential avoidance, contextualized by intimate partner violence (IPV).

Responsibilities:

- Sifting through compiled articles to find *p*-values, aggression scores, experiential avoidance scores, correlations, and all other relevant data values
- Communicating with the data management team regarding the validity and confidence of the data found
- Double-checking other team members' findings to ensure relevance to the project and overall accuracy

PROFESSIONAL AFFILIATIONS

2026	National Association of Social Workers (NASW, Member)
2026	Phi Alpha Honor Society, University of Houston Chapter (Member)
2024	Phi Beta Kappa, University of Houston Chapter (Member)
2021–2022	Psi-Chi International Honor Society, University of Houston Chapter (Vice President's Chair, Treasurer's Chair)

Responsibilities, Vice President's Chair:

- Assisting Vice President with all society duties, including setup and breakdown of meetings
- Assisting with the planning and execution of the semester induction ceremony

Responsibilities, Treasurer's Chair:

- Assisting Treasurer with all society duties, including setup and breakdown of meetings
- Assisting with the planning and execution of society fundraising events
- Assisting in maintaining the campus society store and restocking sold merchandise to raise chapter funds

TRAININGS, CERTIFICATIONS, AND LICENSES

2026	<i>Licensed Master Social Worker (LMSW)</i> Texas Behavioral Health Executive Council
2024	<i>Social-Behavioral-Educational Researchers, Human Research Collaborative Institutional Training Initiative (CITI), Online Course</i>
2022	<i>GCP - Social and Behavioral Research Best Practices for Clinical Research</i> Collaborative Institutional Training Initiative (CITI), Online Course
2022	<i>Biomedical Researchers</i> Collaborative Institutional Training Initiative (CITI), Online Course
2021	<i>MINI (Mini International Neuropsychiatric Interview 7.0.2)</i> Training, University of Houston, Houston, Texas

2021 *Social-Behavioral-Educational Researchers*
Collaborative Institutional Training Initiative (CITI), Online Course

VOLUNTEER POSITIONS

December 2024 University of Houston Graduate College of Social Work
– May 2026 Houston, Texas

Cohort Communicator

Responsibilities:

- Attending monthly meetings with the Graduate College of Social Work (GCSW) faculty and staff to address student needs or concerns
- Relaying important program information from the administration to student peers after each meeting
- Checking in with student peers to assess their needs and areas of program strengths or improvements

May 2023 – Present SIRE Therapeutic Horsemanship
Spring, Texas

Volunteer

Responsibilities:

- Assisting with the equine-assisted learning (EAL) program for veterans affiliated with Camp Hope in Houston, Texas
- Attending leader and side walker trainings to learn about proper horse handling and client care
- Assisting with horse riding lessons by leading the horse for the rider during lesson time and cooperating with other side walkers to ensure lesson productivity
- Assisting with horse lessons by walking alongside disabled clients to ensure physical balance and proper mental stimulation
- Regularly aiding employed staff in the cleaning and maintenance of the horse barn and tack room areas