

Natalie N. Watson-Singleton

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APPOINTMENTS

Assistant Professor, August 2016-Present
Spelman College, Department of Psychology

Clinical Psychology Postdoctoral Fellowship, August 2016-Present
Emory University School of Medicine/Grady Health System
Department of Psychiatry and Behavioral Sciences, Atlanta, GA
Training Director: Nadine Kaslow, PhD, ABPP

Clinical Psychology Internship, July 2015- June 2016
Emory University School of Medicine/Grady Health System
Department of Psychiatry and Behavioral Sciences, Atlanta, GA
Training Director: Eugene Farber, Ph.D.

EDUCATION

Ph.D., Clinical-Community Psychology, August 2016
University of Illinois at Urbana-Champaign
Minor: Mixed Methods Research
Dissertation: Emotional benefits and barriers of psychological help-seeking scale: Initial construction and validation among African American women
Research Advisor: Carla D. Hunter, Ph.D.

M.A., Psychology, May 2013
University of Illinois at Urbana-Champaign
Master's Thesis: The 'Strong Black Woman:' An intersectional analysis of African American women's double bind
Research Advisor: Carla D. Hunter, Ph.D.

B.A., Psychology (cum laude), May 2009
University of Dallas
Senior Thesis: Beyond the name: A phenomenological analysis of Black-Woman Identity

HONORS/AWARDS

- August 2016** Association of Black Psychologists (ABPsi) SAGE student award for outstanding scholarship related to persons of African descent. (1 awarded annually)
- July 2016** 1 of 5 scholars selected as the 1st cohort of the National Institute of Health (NIH) - funded, COMRADE: Congruent Mentorship to Reach Academic Diversity in Neuroscience Research program. The program provides junior faculty with adequate training and mentoring to develop successful academic careers in behavioral and translational sciences targeting reduction of neurological disparities.
- August 2015** Association for Women in Psychology (AWP) Women of Color Psychologies Award for an exceptional manuscript by and about women of color. (1 awarded annually)
- May 2015** Frederick & Ruby Kanfer Award for excellence in research, scholarship, and service aimed at improving the psychological lives of all individuals. University of Illinois at Urbana-Champaign (1 awarded annually in the Clinical/Community Psychology Program)
- May 2014** List of Instructors Ranked as Excellent, University of Illinois at Urbana-Champaign
- August 2013** List of Instructors Ranked as Excellent, University of Illinois at Urbana-Champaign
- May 2013** Herman Eisen Award for Professional Contributions to Clinical/Community Psychology. University of Illinois at Urbana-Champaign (1 awarded annually in the Clinical/Community Psychology Program)
- October 2011** Social Activism Award, Beta Chapter of Kappa Alpha Psi Fraternity, Inc. (1 awarded annually)

GRANTS

- Feb. 2017 (Under Review)** \$150,000 - National Institute on Minority Health and Health Disparities (NIMHD), Innovations for Healthy Living - Improving Population Health and Eliminating Health Disparities (R43/R44) *Culturally Responsive Stress Reduction: A Mobile Mindfulness Application to Support Health Promotion for African Americans*
Role: Co-PI

- Nov. 2016 – Nov. 2017** \$30,000 –Emory Medical Care Foundation
Depressive symptoms and hypertension in African Americans: The roles of stress and culturally-sanctioned coping behaviors
Role: Co-Investigator
- August 2012 - May 2013** \$15,000 – Focal Point Grant, Graduate College, University of Illinois, Urbana-Champaign
“The Reveal:” Making room for voices of mental health and wellness among Black women
Role: Co-Investigator

PUBLICATIONS

Published/In press

- Watson-Singleton, N. N.** (2017). Strong Black Woman race-gender schema and psychological distress: The mediating role of perceived social support. *Journal of Black Psychology*.
- Watson-Singleton, N. N., Okunoren, O., LoParo, D., & Hunter, C.D.** (2017). Emotional benefits and barriers of psychological services scale: Initial construction and validation among African American women. *Journal of Counseling Psychology*.
- Watson-Singleton, N.N., Walker, J.H., LoParo, D., Mack, S., & Kaslow, N.** (2017). Psychometric evaluation of the Five Facet Mindfulness Questionnaire in a clinical sample of African Americans. *Mindfulness*.
- Zhang, H., **Watson-Singleton, N.N.**, Pollard, S.E., Pittman, D.M., Lamis, D.A., Fischer, N.L., Patterson, B., Kaslow, N.J. (2017). Self-Criticism and depressive symptoms: Mediating role of self-compassion. *Journal of Death and Dying*.
- Watson, N. N., Black, A.R., & Hunter, C.D.** (2016). African American women’s perceptions of mindfulness meditation training and gendered race-related stress. *Mindfulness*, 7, 1034-1043.
- Watson, N. N., & Hunter, C.D.** (2016). “I had to be strong:” Tensions of the ‘Strong Black Woman’ race-gender schema in the lives of African American women. *Journal of Black Psychology*, 42(5), 424-452.
- Watson, N. N., & Hunter, C.D.** (2015). Anxiety and depression among African American women: The costs of strength and negative attitudes toward psychological help-seeking. *Cultural Diversity and Ethnic Minority Psychology*, 21(4), 604-612.
- Joseph, N.J., **Watson, N. N.**, Wang, Z., Case, A., & Hunter, C.D. (2013). Rules of engagement: Public regard and cultural race-related stress as predictors of Black Caribbean Immigrants’ engagement with African American culture. *Cultural Diversity and Ethnic Minority Psychology*, 19(4), 414-423.

Other Publications (Non-Refereed)

Kaslow, N.J., & **Watson, N.N.** (September, 2016). Civility: A core component of professionalism? *Psychology Teacher Network, American Psychological Association*
Retrieved from <http://www.apa.org/ed/precollege/ptn/2016/09/civility-professionalism.aspx>

Sass, S., Boden, M., Bredemeier, K., Niznikiewicz, M., **Watson, N. N.**, Crocker, L.,...Heller, W. (2014). *Mindfulness Skills Training Group Manual*. Champaign-Urbana: University of Illinois.

Under review

Hunter, C. D., Mekawi, Y., Wang, Z., **Watson-Singleton, N. N.**, & Bokhari, E. The protective roles of individualism and interdependence in race-related stress and anxious arousal in Black immigrants.

Kapoor, S., Dominique, H.K., **Watson-Singleton, N.N.**, Are, F., Elmore, C., Crooks, C., Madden, A., Mack, S., Pfiefer, J., & Kaslow, N.J. Childhood abuse, self-efficacy, spiritual well-being, and suicide resilience in African American women.

Zhang, H., Dong, L., **Watson-Singleton, N.N.**, Tarantino, N., Carr, E.R., Niles-Carnes, L.V., Patterson, B., & Kaslow, N.J. Psychometric evaluation of the Self-Compassion Scale in a clinical sample of African Americans.

Zhang, H., Carr, E.R., Garcia-Williams, A. G., Siegelman, A.E., Berke, D., Niles-Carnes, L.V., Patterson, B., **Watson-Singleton, N.N.**, Kaslow, N.J. Shame and depressive symptoms: self-compassion and contingent self-worth as mediators?

PRESENTATIONS

Symposia

Watson-Singleton, N. N., Ayna, D., Walker, J.H., LoParo, D., Mack, S., & Kaslow, N.J. (2017, August). Psychometric evaluation of the Five Facet Mindfulness Questionnaire in a clinical sample of African Americans. In N.J. Kaslow (Chair). *Cognitively-based compassion training: A mindfulness intervention for survivors of suicide*. Symposium conducted at the American Psychological Association 125th Annual Convention, Washington, D.C.

Galloway, M., Watson-Singleton, N. N., Walker, J.H., LoParo, D., Mack, S., & Kaslow, N.J. (2016, August). Psychometric evaluation of the Five Facet Mindfulness Questionnaire in African Americans. In N.J. Kaslow (Chair). *Trauma Exposure in African Americans: Mental Health Impact and Resilience*. Symposium conducted at the American Psychological Association 124th Annual Convention, Washington, D.C.

Watson, N. N. (2015, October). African American women's perceptions of mindfulness meditation training as an intervention for gendered race-related stress. In A. R. Black

(Chair). *The road to cultural relevance: Mindfulness training for African American women in families and communities*. Symposium conducted at the Conference for Contemplative Practices to Promote Child and Family Well-Being, Madison, WI.

Watson, N. N. (2013, June). The “Strong Black Woman:” African American women’s answer to denigrating images of African American womanhood? In E. Dworkin (Chair). *Mediating gendered experiences: Understanding representations of race, sexuality, and victimhood in contemporary media*. Symposium conducted at the Society for Community Research and Action 14th Research Biennial Conference, Miami, FL.

Watson, N. N. (2013, January). The ‘Strong Black Woman:’ An intersectionality perspective. In H. Neville (Chair). *Intersectionality research in psychology: Applications of Black feminist and critical race theories*. Symposium conducted at the 2013 National Multicultural Conference and Summit, Houston, Texas.

Watson, N. N. (2012, May). The ‘Strong Black Woman:’ African American women’s double bind in an oppressive society. In C. D. Hunter (Chair). *Are we there yet? Future directions in ethnic minority psychology research, intervention, and theory*. Symposium conducted at the 2nd Annual Society for the Psychological Study of Ethnic Minority Issues Conference, Ann Arbor, Michigan.

Watson, N. N. (2011, June). The ‘Strong Black Woman’: Embraced cultural narrative yet a barrier for community intervention? In C. D. Hunter (Chair). *Research and community engagement: Processes of self-reflection, embracing the challenges, and investigating cultural narratives*. Symposium conducted at The Society for Community Research and Action 13th Biennial Conference, Chicago, IL.

Watson, N. N. (2010, June). Identity in flux: An exploratory study of identity in African American emerging adults. In C. D. Hunter (Chair). *Ethnic minorities’ resilience, identity and ideological explorations in the age of modern racism*. Symposium conducted at the 1st Annual Society for the Psychological Study of Ethnic Minority Issues Conference, Ann Arbor, Michigan.

Papers

Watson, N. N. (2016, August). African American women’s perceptions of mindfulness meditation training and gendered race-related stress. Paper presented at the Association of Black Psychologists (ABPsi) 48th Annual Convention, Arlington, VA.

Watson, N. N. & Dworkin, E. (2013, June). Identifying and mixing philosophical paradigms: Promoting communal thriving through research. Paper presented at the Society for Community Research and Action Research 14th Biennial Conference, Miami, FL.

Watson, N. N. (2010, August). Black-Woman Identity: A phenomenological approach. Paper presented at the American Psychological Association 118th Annual Convention, San Diego, CA.

Invited Colloquia & Talks

Watson, N. N. (2014, March; 2013, November). *The utilization of mental health services: An intersectionality perspective*. Paper presented at the Introduction to Community Psychology Course, Clinical-Community Division, Department of Psychology, University of Illinois, Urbana-Champaign.

Watson, N. N. (2012, September). *Intersectionality research: Relevant tensions and implications for clinical-community psychology*. Paper presented at the Diversity Seminar, Clinical-Community Division, Department of Psychology, University of Illinois, Urbana-Champaign.

Watson, N. N. (2011, October). *Behind the Mask of the Strong Black Woman*. Paper presented at the Bruce D. Nesbitt African American Cultural Center, University of Illinois, Urbana-Champaign. Workshop sponsored by the Beta Chapter of the Kappa Alpha Psi Fraternity, Inc.

Watson, N. N. (2008, November). *The ABC's of applying to graduate school*. Paper presented at the Methodological Diversity Workshop, Texas A & M University-Commerce, Commerce, TX. Workshop sponsored by the Commission on ethnic minority recruitment, retention, and training in psychology task force (CEMRRAT2), Office of Ethnic Minority Affairs, American Psychological Association.

Posters

Barksdale, J., Neely-Savitt, E., & **Watson-Singleton, N. N.** (2017, April). Black women and suicide: Risk, resilience, and treatment. Poster presented at Spelman College 2017 Research Day, Atlanta, GA.

Evers, A., Lawrence, K., & **Watson-Singleton, N. N.** (2017, April). The effects of chronic pain on relationships: Implications for Black women's familial and community engagement. Poster presented at Spelman College 2017 Research Day, Atlanta, GA.

Foxworth, P., Ortiz, K., & **Watson-Singleton, N. N.** (2017, April). Black Women and trauma: Risk and culturally-responsive treatment approaches. Poster presented at Spelman College 2017 Research Day, Atlanta, GA.

TEACHING EXPERIENCE

Spelman College, Psychology Department

January 2017 - Present

Theories and Techniques of Counseling

Instructor for a lecture psychology class. Incorporated media, PowerPoint, Socrative, and course management technology in classroom. Responsible for curriculum, lecture preparation, assessment, exam preparation, and grading.

- August 2016 - Present** **Abnormal Psychology**
Instructor for a lecture psychology class. Incorporated media, PowerPoint, Socrative, and course management technology in classroom. Responsible for curriculum, lecture preparation, assessment, exam preparation, and grading.
- January 2017 - Present** **Black Women, Trauma, and Intervention (Independent Study)**
Lead developer and instructor for this field work-based psychology class. Students attend 1 hr. lecture per week, and complete 3 hrs. of field experience at the Grady Nia Project, an outpatient behavioral health clinic at Grady Memorial Hospital. Responsible for supervision of students, curriculum, lecture preparation, and grading.
- August 2016 – Present** **Theories of Psychometric Instruments**
Instructor for a lecture psychology class. Incorporated SPSS skills training, media, PowerPoint, Socrative, and course management technology in classroom. Responsible for curriculum, lecture preparation, assessment, exam preparation, and grading.
- August 2016 – Dec. 2016** **Research Methods**
Instructor for a lecture psychology class. Incorporated media, PowerPoint, Socrative, and course management technology in classroom. Responsible for curriculum, lecture preparation, assessment, exam preparation, and grading.
- University of Illinois, Psychology Department*
- August 2013 - May 2014** **Abnormal Psychology**
Supervisor: Mikhail Lyubansky, Ph.D.
Instructor for a large-lecture psychology class. Incorporated i>clicker and course management technology in classroom. Responsible for various aspects of course including curriculum, lecture preparation, assessment, exam preparation, and grading. Teacher ratings - Fall 2013: 4.3/5; Spring 2014: 4.3/5
- January, 2011- May 2012** **Diversity Seminar Coordinator**
Clinical-Community Psychology Program, University of Illinois
Supervisors: Jorge Ramirez, Ph.D., Mark Aber, Ph.D.
Co-coordinated program-wide seminar on topics related to diversity. Selected and contacted guest speakers. Facilitated group discussion on diversity topics.

SUPERVISION EXPERIENCE

Spelman College, Psychology Department

January 2017 – Present Honors Thesis Research Supervision

Served as the primary thesis advisors for each listed student during both their junior and senior years. The following are students who I supervised:

Aspen Mason – *The role of religiosity and stigma in predicting African American women's decisions to seek mental health services*

Morehouse College, McNair Summer Research Program

June 2017 – August 2017 McNair Thesis Research Supervision

Served as the primary thesis advisor for one student a part of the McNair program. The following are students who I supervised:

Tyrone Holmes – *Psychological Distress and mental health-seeking attitudes among African American women: The moderating role of ethnic identity*

Grady Nia Project, Grady Memorial Hospital

August, 2016- Present Graduate Mental Health Practicum Student Supervisor

Supervised 6+ graduate-level practicum students. Provided supervision and consultation on case conceptualization and intervention strategies. Assisted with crisis intervention as needed.

University of Illinois, Cultural Heritage and Racial Identity Lab Research Supervision

January, 2011- July 2016 Undergraduate Research Assistant Supervisor

Supervised 15+ undergraduate research assistants. Provided training in data collection, data entry, quantitative and qualitative data analysis, and research writing.

INTERVENTION & ASSESSMENT EXPERIENCE

August 2016- Present Dialectical Behavioral Therapy (DBT) Group Co-Facilitator

Grady Nia Project, Grady Memorial Hospital
Supervisor: Lauren Edwards, Ph.D.
Co-led DBT groups with clients with Borderline Personality Disorder.

July 2015- Present Individual Therapy

Grady Nia Project, Grady Memorial Hospital
Supervisor: Nadine Kaslow, Ph.D., ABPP

Conceptualized and conducted evidenced based interventions with clients with a range of presenting concerns, most notably Borderline Personality Disorder.

March 2016 – July 2016

Individual Therapy

Grady Infectious Disease Program

Supervisor: Chanda Graves, Ph.D., ABPP

Conceptualized and conducted evidenced based interventions with clients with a range of presenting concerns, most notably Depression and Substance Abuse disorders.

March 2016 – July 2016

Psychological Assessments

Grady Infectious Disease Program

Supervisor: Chanda Graves, Ph.D., ABPP

Conducted cognitive and psychological assessments with children and adolescents. Utilized various assessment tools, including WAIS-IV, WISC-V, Woodcock–Johnson IV, Vineland Adaptive Scales. Wrote integrated reports.

March 2016 – July 2016

Consultant

Stephanie V. Blank Center for Safe and Healthy Children, The Children's Healthcare of Atlanta

Supervisor: Marianne Celano, Ph.D.

Provided consultation to parents and families in response to alleged child physical and sexual abuse.

Nov. 2015- July 2016

Diagnostic Evaluations

Grady Behavioral Health Services Outpatient Clinic

Supervisors: Keith Wood, Ph.D., Dorian Lamis, Ph.D.

Conducted diagnostic evaluations. Used testing results to provide diagnostic consulting to psychiatry staff. Provided medication management and therapy referrals.

Nov. 2015- February 2016

Individual Therapy

Grady Behavioral Health Services Outpatient Clinic

Supervisor: Keith Wood, Ph.D.

Conceptualized and conducted evidenced based interventions with clients with a range of presenting concerns, most notably Bipolar and Psychotic Disorders.

Nov. 2015- February 2016

Momentum Clinic Group Facilitator

Grady Behavioral Health Services Outpatient Clinic

Supervisor: Keith Wood, Ph.D.

Facilitated the Problem-Solving and DBT groups as part of a 6-week program that provides individual and group treatment for individuals recently released from inpatient hospitalization.

July 2015-October 2015

Primary Care Behavioral Interventionist

Grady Behavioral Health Services Primary Care Clinic
Supervisors: Martha Ward, M.D.; Amit Shahane, Ph.D.
Conducted evidenced based behavioral interventions, such as smoking cessation, relaxation strategies, and weight management.

July 2015- October 2015

Chronic Pain Group Co-Facilitator

Grady Behavioral Health Services Primary Care Clinic
Supervisors: Martha Ward, M.D.; Amit Shahane, Ph.D.
Conducted evidenced based, manualized treatment to address chronic pain.

July 2015- October 2015

Coping Skills Group Co-Facilitator

Grady Memorial Hospital, Inpatient Crisis Intervention Services
Supervisor: Nadine Kaslow, Ph.D., ABPP
Co-led group that discussed stressors and healthy coping strategies.

July 2015- October 2015

Women's Group Co-Facilitator

Grady Memorial Hospital, Inpatient Psychiatric Unit
Supervisor: Nadine Kaslow, Ph.D., ABPP
Co-led group that focused on women's stressors and gender-specific healthy coping strategies.

July 2015- October 2015

Anger Management Group Facilitator

Grady Memorial Hospital, Inpatient Psychiatric Unit
Supervisor: Nadine Kaslow, Ph.D., ABPP
Facilitated group. Taught and discussed S.T.O.P.P (Stop, Take a Breadth, Observe, Process, and Proceed) as an effective anger management strategy.

July 2015- October 2015

Psychological Testing

Grady Memorial Hospital, Inpatient Psychiatric Unit
Supervisor: Glenn Egan, Ph.D.
Conducted cognitive, intellectual, psychological, and projective testing with patients. Used testing results to provide diagnostic consulting to psychiatry residents.

July 2015- October 2015

Dialectical Behavioral Therapy (DBT) Group Co-Facilitator

Grady Nia Project, Grady Memorial Hospital
Supervisor: Noelle Santorelli, Ph.D.

Co-led DBT groups with clients with Borderline Personality Disorder.

July 2015- October 2015

Spirituality Group Co-Facilitator

Grady Nia Project, Grady Memorial Hospital

Supervisor: Nadine Kaslow, Ph.D., ABPP

Co-led group that emphasized spirituality as a healthy coping skill.

August 2014- May 2015

Individual Therapy

Psychological Services Center, University of Illinois

Supervisor: Howard Berenbaum, Ph.D.

Conceptualized and conducted evidenced based interventions with clients with a range of presenting concerns (e.g., depression, anxiety).

August 2013- May 2014

Neuropsychological Assessment & Individual Therapy

Disability Resources and Education Services, University of Illinois

Supervisor: Kimberly Collins, Ph.D., C.R.C.

Conceptualized and conducted evidenced based interventions with clients with a range of presenting concerns (e.g., depression, anxiety, personality issues) with special interest on working with clients with learning, cognitive, and psychological disabilities. Provided academic coaching. Conducted assessments utilizing various assessment tools, including WAIS, Woodcock–Johnson Tests, SCID, PDI. Wrote integrated reports.

July 2014; July 2013

Mindfulness Skills Training Group Facilitator

Girls' Adventures in Mathematics, Engineering, and Science (G.A.M.E.S.); Supervisor: Carla D. Hunter, Ph.D.

Facilitated a mindfulness training session for adolescent girls, ages 12-16. Special attention was given to increasing emotion regulation and self-compassion skills.

April 2014

Mindfulness Skills Training Group Facilitator

Booker T. Washington Elementary School, Saturday School

Supervisor: Amira Davis, Ph.D., M.Ed.

Facilitated a three-week mindfulness training workshop for children, ages 6-12. Special attention was given to increasing focused attention and emotion regulation skills.

August 2012- May 2013

Individual Therapy

McKinley Health Center, University of Illinois

Supervisor: Sharon Griffin-Pierson, Ph.D.

Conceptualized and conducted evidenced based interventions with clients with a range of presenting concerns (e.g., depression,

anxiety, childhood trauma, personality disorders). Worked in multidisciplinary teams with psychiatrists, psychiatric nurses, and social workers to provide integrated care for clients.

August 2011-May 2013

Mindfulness Skills Training Group Facilitator

Psychological Services Center, University of Illinois

Supervisor: Wendy Heller, Ph.D.

Co-facilitated four, 8-week groups. Edited and revised *Mindfulness Skills Training Group Manual*. Conducted pre and post individual assessments as part of the Mindfulness Research project.

August 2010- May 2011

Diagnostic Assessment

Provena Covenant Medical Center Inpatient Psychiatric Unit

Supervisors: Gregory A. Miller, Ph.D., Jeffery Spielberg, M.A.

Conducted SCID, PDI, and Trauma History assessments with newly admitted patients with a wide range of psychopathology. Wrote patient reports.

August 2010- May 2011

Assessment Specialist

Family Advocacy Program, Psychological Services Center

Supervisors: Crystal Wiggins-Newman, Ph.D.

Conducted pre-interviews with clients enrolled in the Family Advocacy Program to determine client needs. Conducted post-interviews to determine overall satisfaction in the program.

August 2010- May 2011

Program Assistant Coordinator

Effective Black Parenting, Psychological Services Center

Supervisor: Crystal Wiggins-Newman, Ph.D.

Assisted with the planning and implementation of a 12-week parent-training program. Analyzed pre and post data to assess changes in parenting attitudes and behaviors. Wrote reports regarding participants' overall performance in the program.

SERVICE

Professional Service

October 2016 – Present Ad Hoc Reviewer, *Psychology of Women and Gender*

November 2015 – Present Ad Hoc Reviewer, *Violence Against Women*

April 2016 - Present Ad Hoc Reviewer, *Journal of Psychosomatic Research*

Spelman College Service

March 2017 Co-hosted the *Diversifying Clinical Psychology Workshop*

March 2017 Participated on the panel for *So Psyched! Psychology Club Career Panel*

March 2017 Reviewed psychology abstracts for *Spelman Research Day*

Community Service

January 2017 – Present Board Member, Community Advisory Board (CAB), Grady Nia Project

MEMBERSHIP

Southeastern Psychological Association (SEPA)

American Psychological Association (APA)

Division 27: Society for Community and Action Research (SCRA)

Division 45: Society for the Psychological Study of Ethnic Minority Issues