

Mary Eleanor Burkhardt Polk

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EDUCATION

- Ph.D. **West Virginia University, Morgantown, WV**
Major: Counseling Psychology
Degree Awarded: May 2022
Dissertation Title: The impact of perceived daily racism and racial identity development on body dissatisfaction among Asian American female college students (Defense Date: 02/23/2022)
Dissertation Chair: Dr. Jefferey Daniels
- M.S. **Oklahoma State University, Stillwater, OK**
Major: Mental Health Counseling in Education
Degree Awarded: May 2017
- B.A. **University of Maine, Farmington, Farmington, ME**
Undergraduate Research Title: The Effects of Music on Memory
Major: Psychology
Degree Awarded: May 2014

WORK EXPERIENCE

- June 2024 – Present **Bloom Psychology Services**
Role: Individual Therapist
- Provide outpatient therapy to wide range of patients, pediatric to elderly
 - Parent consultation for behavior management
 - Consultation and supervision with other psychologists, postdoctoral fellows, and interns
- July 2023 – Present **Indiana University Health Ball Memorial Hospital, Family Medicine Residency Center**
Role: Psychology Faculty Member
- Provide short-term, brief therapy interventions to family medicine patients using Brief Solution Focused Cognitive Behavioral Therapy, Motivational Interviewing, and Acceptance and Commitment Therapy
 - Conduct warm hand offs with physicians when needed to establish care, provide brief assessments, and safety plan when needed
 - Complete brief assessments for ADHD, anxiety, depression, and cognitive decline
 - Provide community referrals to patients for a variety of physical and mental health needs
 - Lead didactics and noon conferences for residents and directors covering a variety of medical and mental health related subjects
 - Provide individual and group supervision for predoctoral interns, doctoral level practicum students, and medical residents

- Regularly consult with directors, staffing doctors, and medical residents regarding shared patients and treatment plans
- Create and implement curriculum for behavioral health and medical residents
- Engage in recruitment activities and interviewing incoming behavioral health and medical residents
- Conduct research projects across a wide variety of health psychology topics
- Engage in continuing education opportunities including conference attendance and research

FELLOWSHIP EXPERIENCE

July 2022 – June 2023 Indiana University Health Ball Memorial Hospital, Family Medicine Residency Center

Supervisor: Josh C. Rainey, Ph.D., HSPP

- Provide short-term, brief therapy interventions to family medicine patients using Brief Solution Focused Cognitive Behavioral Therapy, Motivational Interviewing, and Acceptance and Commitment Therapy
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- Create and implement curriculum for behavioral health and medical residents
- Engage in recruitment activities and interviewing incoming residents
- Conduct research projects across a wide variety of health psychology topics
- Engage in continuing education opportunities including conference attendance and research
- Present research at local and national conferences

PREDOCTORAL INTERNSHIP EXPERIENCE

June 2021 – June 2022 Indiana University Health Ball Memorial Hospital, Family Medicine Residency Center

Training Director/Supervisor: Josh C. Rainey, Ph.D., HSPP

Supervisor: Eric Lester, Ph.D., HSPP

- Provide short-term, brief therapy interventions to family medicine patients using Brief Solution Focused Cognitive Behavioral Therapy, Motivational Interviewing, and Acceptance and Commitment Therapy
- Conduct warm hand offs with physicians when needed to establish care, provide brief assessments, and safety plan when needed
- Complete brief assessments for ADHD, anxiety, depression, and cognitive decline

- Provide weight and diabetes management to bariatric patients seeking bariatric surgery or taking part in medical weight loss clinic through the use of brief solution focused CBT, MI, and ACT
- Provide group therapy to bariatric patients preparing for weight loss surgery and taking part in metabolic weight loss programs
- Provide community referrals to patients for a variety of physical and mental health needs
- Lead didactics and noon conferences for residents and directors covering a variety of medical and mental health related subjects
- Provide supervision for doctoral level practicum students
- Regularly consult with residents regarding shared patients and treatment plans

PRACTICUM EXPERIENCE

July 2020 – June 2021

Monongalia County Child Advocacy Center

Supervisor: Laura Capage, Ph.D.

- Conduct psychological and clinical evaluations to children, parents, and caregivers referred to the MCCAC.
- Assessments administered and scored include AAPI-2, BASC 3, BDI-II, BSI-18, CDI-2, DERS, NSCS, PRCS, PSI-4, PAI, PAI-A, SIPA, SASSI-4, TSCC, TSCYC, CATS, CSBI, URICA, and WASI-II.
- Engage in therapeutic parenting with parents who have lost custody of their children.
- Provide individual therapy to children identified by the center.
- Provide guidance to master's level clinicians regarding assessment and clinical work

May 2020 – May 2021

J.W. Ruby Memorial Hospital, Department of Family Medicine, WVU Medicine

Supervisor: Barbara Cubic, Ph.D., ABPP

- Providing individual therapy and telehealth services to a diverse group of adults and geriatric patients with behavioral problems, mood disorders, commonly depression and anxiety
- Providing consultation and liaison services to patients, families, and other medical professionals
- Conduct therapy in interdisciplinary clinics
- Rounding with the Family Medicine team to provide crisis intervention, short-term supportive therapy, enhance coping skills. Use motivational interviewing to increase patient compliance with medical regimes and address barriers to treatment.

Sep 2019 – Jan 2020

Pain Management Center, WVU Medicine

Supervisor: Richard Gross, Ph.D., ABPP

- Conducted psycho-diagnostic evaluations to middle-age and geriatric adults focusing on pain complaints and behavioral functioning.
- Administered, scored, and interpreted pain evaluations, including the COMM. PHQ-9, MPQ, PDI, PCS, SOAPP-R, and TSK
- Provided treatment recommendations and risk assessments for potential chronic pain treatments, including short- and long-term opioid therapy, spinal cord stimulators, and pain pumps.

- June 2018 – Aug 2019 Chestnut Ridge Center, WVU Medicine
Supervisor: Jennifer M. Ludrosky, Ph.D.
- Provided individual counseling to children and teens
 - Worked in interdisciplinary team clinics with individuals and families
 - Consulted with children and their families in the Gastrointestinal clinic at WVU Medicine to provide emotional support and behavioral medicine education. Provided feedback to medical professionals regarding barriers to treatment and adherence to treatment regimes.
- May 2016 – June 2017 Warren Alexander Group. Private Counseling Practice
Supervisor: Whitney Warren Alexander, LMFT LADC
- Provided individual counseling to Stillwater community members
 - Co-facilitated a Dialectical Behavioral Therapy (DBT) group for community members.
 - Conducted intakes with new clients, including assessments for danger, suicidal ideation, depression, and other mental health needs.
 - Received weekly individual and group supervision

PUBLICATIONS

- Bowen, E., Murphy, E., O-Hara-Tompkins, N., Crum, G., Fincham, H., & **Burkhart Polk, M.** (2020). Early childhood obesity prevention in rural West Virginia: Extension's role and lessons learned. *Journal of Human Sciences and Extension*, 8(1), 163-177.
- Crum, G., Bowen, E., Hutson, Z., Kaczor, C., Prinzo, L., Roberts, D., Smith, B., **Burkhart Polk, M. E.** (2018). Health Motivator: A study of an integrated, peer-led health initiative with older women. *The Journal of National Extension Association of Family and Consumer Sciences*. 18, 156-172.

PRESENTATIONS

- Rainey, J.C., **Burkhart Polk, M.E.**, Shue, C.K. (September 2023) *Promoting Behavioral Health Training in Family Medicine Residencies Through a Graduation Distinction Pathway*. Presented at 44th Forum for Behavioral Science in Family Medicine, Milwaukee, WI.
- Rainey, J.C., **Burkhart Polk, M.E.**, Shue, C.K (September 2022) *Role Shifts, Professional Satisfaction, and Organizational Support of Behavioral Health Specialists During the Pandemic*. Presented at the 43rd Forum for Behavioral Health Science in Family Medicine, Chicago, IL.
- Burkhart Polk, M.** (February 2018) *Rethink Your Drink*. Presented at the Women Love Your Heart Conference, Morgantown, WV.
- Burkhart Polk, M.**, Magsam, E. (March 2017) *Embrace diversity, end discrimination: A Review of the literature on ACT and prejudice*. Presented at ACA 2017 Conference & Expo, San Francisco, CA.
- Burkhart Polk, M.**, Adcock, A., Polk, K., Bann, D., Heath, D., Doughty, A., White, C. (June 2014) *Learning to Surf Endless Waves: A Systematic Review of ACT for Chronic Pain: Literature Review*. Presented at ACBS Annual World Conference, Minneapolis, MN.
- Burkhart Polk, M.** (May 2013). *Music and Memory: The Effects of Familiar and Unfamiliar Music on Comprehension*. Presented at the University of Maine, Farmington Symposium, Farmington, ME.

RESEARCH EXPERIENCE

- 2017 – 2018 Researcher
Extension Services, West Virginia University
- Collected relevant research
 - Edited research papers for publications
 - Analyzed data for multiple research projects relating to rural West Virginia obesity issues
- 2016 – 2017 Researcher
Embrace Diversity, End Discrimination: A Review of the Literature on ACT and Prejudice
Oklahoma State University
- Collected relevant research
 - Analyzed data from research
 - Presented at the ACA 2017 Conference & Expo, San Francisco, CA.
- 2016 – 2017 Researcher
The Effects of a Curriculum Based Dance Class on Elementary Students Academic Performance and Self-Esteem
Oklahoma State University
Supervisor: Sarah Gordon, Ph.D.
- Completed a literature review and developed a qualitative study for researching whether a curriculum-based dance class has an effect on 3rd, 4th, and 5th graders academic performance and level of self-esteem.
- 2015 – 2017 Researcher
Sexual Health Awareness on University Campuses
Oklahoma State University
Supervisor: Hugh Crethar, Ph.D.
- Ran test trials
 - Collected data
- 2013 - 2014 Research Assistant
Systematic Review of the Literature on Acceptance and Commitment Therapy for Chronic Pain
Togus Veterans Affairs Medical Center
Supervisor: Amanda Adcock, Ph.D.
- Collected and reviewed relevant research
 - Analyzed data
 - Presented at the ACBS world conference in Minneapolis, MN in 2014.
- 2013 - 2014 Commission on Accreditation of Rehabilitation Facilities (CARF)
Secretary, VA Maine Health Care System
Supervisor: Amanda Adcock, Ph.D.
- Attended weekly meetings with a team of psychologists, nurses, physical therapists, and medical doctors.
 - Recorded minutes for weekly meetings.
 - Sent out weekly emails to committee members: including weekly minutes and to do lists for each committee member.

- 2011 - 2014 ACT for Pain Student Volunteer, VA Maine Health Care System
Supervisor: Amanda Adcock, Ph.D.
- Main research on a literature review looking at the effects of Acceptance and Commitment Therapy on chronic pain in veterans.
 - Collected pre, post, and follow-up data for all participants in the ACT for chronic pain groups.
 - Entered all pre, post, and follow-up data in excel and CPRS for the ACT for chronic pain groups.
- 2013 Undergraduate Researcher
University of Maine, Farmington
Supervisor: Steven Quackenbush, Ph.D.
- Conducted and presented original research project
 - Tested the effects of familiar and unfamiliar music on students' comprehension of an essay on Aesop's Fables.
 - Ran test trials
 - Collected and analyzed data
 - Presented findings at UMF research symposium

WORK EXPERIENCE

- 2017 – 2018 Graduate Research Assistant
Extension Service – Families & Health, West Virginia University
- Assist in research regarding outreach programs for communities in West Virginia
 - Coordinate and present at conferences and events across West Virginia
 - Facilitate outreach programs for parents and children in rural West Virginia communities
 - Create and edit power point presentations
 - Assist in data entry for ongoing research projects
- 2015 – 2017 Graduate Research Assistant
Edmon Low Library, Oklahoma State University
- Provide research assistants to patrons of the library both over the phone, via online chat, as well as in person.
 - Supervisor student assistant I and II's.
 - Check out books and study rooms to library patrons.
 - Work as a team member to keep the library working smoothly.
 - Complete paper runs and book drops, in addition to other library tasks
- 2014 – 2015 Event Planner/Coordinator for Dr. Kevin Polk
- Complete all necessary Continuing Education Units (CEU) forms and applications for conferences and webinars.
 - Reserve and prepare needed training spaces.
 - Collect and submit all necessary information for participants to receive CEU credit.

2013 - 2022

Secretary

Psychologist Office of Dr. Mary Alyce Burkhart and Dr. Barda Leavitt

- Complete initial over the phone intake for all new clients, including assessing for overall fit with the counselor and danger assessment.
- Schedule appointments for Dr. Burkhart
- Submit billing statements
- Contact all insurance companies in regard to claims, pre-authorization, and co-pay information.

TEACHING EXPERIENCE

2019- 2020

Graduate Teaching Assistant: CPSY 303 and CPSY 410

West Virginia University

- Facilitate student discussion of course related topics
- Administer exams
- Grade student posts, essays, and final papers
- Provide feedback regarding student progress in each course

2016 – 2017

Graduate Teaching Assistant: HHP 3010 – Health Issues in Diverse Populations

Oklahoma State University

Supervisor: Dr. Chandra Story

- Grade students' weekly discussion posts and writing assignments
- Provide meaningful feedback on their responses.

2016 – 2017

Graduate Teaching Assistant: HLTH 3643 – Health Behavior Theory

Oklahoma State University

Supervisor: Dr. Chandra Story

- Responsible for grading student papers, exams, and workshops.
- Taught workshop on Sexual health and Violence Prevention as it relates to Social Cognitive Theory

2013 - 2014

Tutor: PSY 225 - Child and Adolescent Development

University of Maine, Farmington

Supervisor: Steven Quackenbush, Ph.D.

- Tutored students during weekly appointments one-on-one, in groups, and as a class.
- Held exam study session in the 2 weeks prior to an exam,
- Reviewed student essays and other course work

2011 - 2014

Dance Instructor,

W.G. Mallett Elementary School, Farmington, Maine

Supervisor: Morgan Lesso, Guidance Counselor

- Taught 3rd and 4th grade students, who had special needs, a dance class as part of an enriched learning experience
- Classes met once a week for 45 minutes.
- Students were taught a short routine that was performed at the yearly talent show

HONORS AND AWARDS

- 2016 - 2017 Clayton A. Morgan Excellence Endowed Scholarship
Oklahoma State University
- 2014 Magna Cum Laude
University of Maine, Farmington

LEADERSHIP EXPERIENCE

- 2017 – 2019 Faculty Liaison
College of Education and Human Services, Department of Counseling,
Rehabilitation Counseling & Counseling Psychology
- Attend monthly faculty meetings
 - Contact students regarding questions for faculty
 - Disseminate information from faculty to student body
- 2016 – 2017 Faculty Liaison
Masters' of Counseling Society
- Work with a team of 5 students as part of the MCS committee team.
 - Attend all Counseling Psychology faculty meetings.
 - Sent out weekly emails to all students and faculty regarding important updates and program information.
 - Coordinate student socials and program information meetings.
- 2016 – 2017 Committee Member
Sexual Violence Prevention Committee
- Attend meetings regarding outreach to students on campus
 - Provide education to students through open dialogues, active and passive programming, and poster series.

PROFESSIONAL MEMBERSHIPS

- 2017 – Present Member of the American Psychological Association
2017 – Present Member of the Society of Counseling Psychology, Division 17
2016 – 2017 Member of the American Counseling Association
2013 - Present Member of Psi Chi: The International Honor Society in Psychology

CERTIFICATIONS

- 2014 - 2019 Mental Health Rehabilitation Technician/Community
Maine Department of Health and Human Services
- 2014 – 2019 Education Technician III
State of Maine Department of Education

Clinical References

Barbara Cubic, Ph.D.

Professor, Department of Family Medicine
Director of Behavioral Health
Clinical Psychologist
WVU Medicine
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Morgantown, WV 26501
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Ruben Tinajero, Ph.D.

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Clinical Psychologist
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Academic References

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