

CATHERINE ROSEMARY URSO

CURRENTLY

4th Year Doctoral Student in School Psychology at the University of Houston (UH)
Advanced Practicum at A&M TCHAT: 100% Psychotherapy Intervention
Lead Researcher of Classroom Clarity – Mindfulness-Based Intervention for HISD High School Students
Yoga Instructor for students, patients, faculty, and staff

EXPERIENCE

A&M Texas Child Health Access Through Telemedicine (TCHAT)

Bryan, TX / Virtual

Advanced Practicum (Interventionist)

Aug 2024–Current

- **Provide telehealth counseling** to adolescents addressing anxiety, depression, trauma, suicidality, and self-regulation challenges.
- **Conduct comprehensive intake assessments** and administer screening measures in treatment sessions.
- **Develop individualized treatment plans**, and implement evidence-based interventions, including CBT, Motivational Interviewing, mindfulness, and coping skills.
- **Consult** with parents and caregivers, school staff, and multidisciplinary teams to support client well-being and crisis intervention when needed.

Pearland Independent School District (PISD)

Pearland, TX

Licensed Specialist in School Psychology Internship (LSSP-Intern)

Sept 2023–May 2024

***Stationed at Dawson High School, also conducting Assessments at Magnolia Elementary**

- **Full Individual Evaluations** of Autism (AU), Attention-Deficit/Hyperactivity Disorder (ADHD), Emotional Disturbance (ED, including screening for anxiety, depression, etc.), Specific Learning Disabilities (SLD), and Intellectual Disability (ID) of adolescents and early childhood
- **Counseling Intervention (Individual and Group)** utilizing Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Motivational Interviewing (MI), and yoga/mindfulness practices to build coping skills, regulate the nervous system, and work towards IEP goals for high school students.
- **Program Development/Evaluation** of Mindfulness-Based Interventions (6 years of experience researching/facilitating; currently focusing on yoga + SEL intervention for high school students, see more under education re. Classroom Clarity).
- **Systems Intervention** through providing education on and guiding practices of mindfulness/yoga to support school staff (e.g., at UH's Faculty Senate, Pearland ISD's Staff Support Day and Mental Health Matters Case Conference).

Dickinson Independent School District (DISD)

Dickinson, TX

Practicum Licensed Specialist in School Psychology (Prac-LSSP)

Sept 2022–May 2023

- **Assessment/Screening:** Conducted multidisciplinary assessments and screenings for children aged 2-17 years to evaluate ADHD, ASD, Emotional Disturbance, Speech Impairment, Intellectual Disability, Specific Learning Disorders (Math, Reading, Dyslexia), and early childhood developmental skills (adaptive behavior, language, cognition, social interaction, physical and attention abilities).
- **Functional Behavior Assessment & Behavioral Intervention Plan** for an 11th grade student with ED, ADHD, and Dyslexia.
- **Manifestation Determination Review (MDR):** Conducted evaluations to determine whether a student's behavior was a manifestation of their disability, ensuring compliance with IDEA regulations and collaborated with multidisciplinary teams to assess and develop appropriate intervention plans.
- **Counseling:** observed individual counseling services provided by high school counselor; facilitated group counseling for Dickinson's High School's LGBTQ+ group.
- **Behavioral consultation** for teachers: including manualized Problem Identification Interview and Problem Analysis Interview

MD ANDERSON CANCER CENTER (MDACC)

Mind-Body Intervention Specialist, Department of Health Disparities Research

Houston, TX

May 2022–Dec 2024

- Served as the lead interventionist for a health disparities research study focused on Black adults who were inactive and overweight, delivering structured mind-body intervention sessions aimed at reducing stress, enhancing relaxation, and promoting overall well-being.
- Led live sessions at FountainLife Center, incorporating guided stretching, breathwork, and mindfulness techniques and facilitated recorded sessions for participant accessibility and continued engagement.
- Refined and revised the intervention manual to ensure clarity, cultural responsiveness, and effectiveness.

MD ANDERSON CANCER CENTER (MDACC)

Research Interviewer, Division of Palliative, Rehabilitation & Integrative Medicine

Houston, TX

Sept 2020–Jan 2022

Integrative Health Initiative (IHI) research project – Motivational Interviewer & Patient Navigator

The Integrative Health Initiative, or IHI, is a multidisciplinary care model that provides personalized services tailored to individual patient needs. The IHI is a collaboration between the Multi-Team Breast Clinic and the Integrative Medicine Center (IMC), in which breast cancer patients are referred to the IMC based on certain health measures, e.g., high BMI. IHI patients receive standard cancer care, as well as IMC treatments, including support from a dietician, a physical therapist, a clinical health psychologist, and myself, the motivational interviewer. In addition, I also serve as the IHI patient navigator to help patients seamlessly maneuver to and throughout the IMC at MDACC.

- **Motivational Interviewer:** Conducted Motivational Interviewing with breast cancer patients to support lifestyle changes, identify health goals, and enhance adherence to integrative care plans. Provided ongoing follow-ups to assess progress and patient experiences with comprehensive cancer care.
- **Patient Navigator:** Served as a patient navigator, facilitating referrals from the Multi-Team Breast Clinic to the Integrative Medicine Center (IMC) and improving patient engagement through recruitment calls and provider collaboration.
- **Program Efficiency & Data Management:** Streamlined patient transitions, optimized Epic chart workflows, and contributed to data collection for program evaluation.
- **Research:** Co-authored research publications on psychology and yoga in integrative medicine.

MD ANDERSON CANCER CENTER (MDACC)

Research Assistant, Division of Anesthesiology, Critical Care & Pain (initial 6 months, Research Intern)

Houston, TX

June 2018–Sept 2020

Mindfulness Based Intervention (MBI) research project – Living Optimally in Times Under Stress (LOTUS):

Living Optimally in Times Under Stress, or LOTUS, is a yoga therapy program catered to healthcare professionals to help build healthy coping mechanisms. It is a 2-month Mindfulness Based Intervention and was administered as a Quality Improvement project in the Critical Care Department. Our goal was to reduce burnout, stress, anxiety, and depression, as well as improve quality of life, increase self-compassion, decrease burnout-related errors and improve the quality of patient care.

- Spearheaded and designed the LOTUS yoga therapy program provided to nursing staff in MDACC's Intensive Care Unit.
- Co-authored (1st author) Quality Improvement & grant applications for this project, both of which were approved; awarded \$50K.
- Designed the research study and co-designed classes and materials, e.g., a program binder and yoga video and audio recordings.
- Orchestrated MBI research team meetings and tasks; facilitated MBI classes led by the yoga therapist.
- Designed Redcap data collection dashboard and data analysis platform; developed needs assessment survey.
- Organized data collection of the Maslach Burnout Inventory & Depression Anxiety and Stress Scale.
- Presented 2 LOTUS abstracts at medical conferences (SCCM & ONCCC-R-NET); manuscripts in publication process.
- Submitted LOTUS project to the UT System Critical Safety & Effectiveness (CS&E) course; graduated and presented LOTUS.
- *Initial purpose was to expand the on-site LOTUS program to all critical care staff, as well as all MDACC staff. Due to COVID-19, we re-designed LOTUS to an online form, to expand while fitting the current needs of our population via the CCC (see below).*

Compassionate Crisis Care (CCC) – response to COVID-19:

The CCC pack includes LOTUS yoga, meditation, & breathwork practices via video, audio, and written exercises, serving to provide practical relaxation techniques to help our MDACC staff develop healthy coping mechanisms. (See portfolio for included CCC pack.)

- Developed and designed a simplified, accessible & online version of LOTUS – Compassionate Crisis Care, which was distributed to all MDACC employees (~22,000).
- Guide virtual yoga and meditation sessions for MDACC employees 1/wk via WebEx, specifically catered for stress management, to uplift energy, and to counter WFH tendencies, e.g., slouching.
- Created and published meditation and yoga videos for MDA staff to help with garnering a sense of community, providing a moment of relaxation & and building focus.
- Designed “Mindful Moments” distributed to MDACC staff M/W/F to inspire hope and to develop self-awareness & improve health behaviors. (See portfolio for examples.)
- Collaborated with MDACC’s HR Wellness Committee: “BeWell” to create long-term availability of these materials online.

Other projects / general:

- Develop research design and methods; analyze and write up results; edit abstracts and manuscripts (10 projects total); present abstracts at medical conferences. (See “Research & Publications” below.)
- Managed, trained, and supervised 4 research interns. (Summer 2019)

Project highlights

- Gender Equity – retrospective cohort study: Compared the gender profile of conference speakers vs. society members for Anesthesia State Society Conferences in 2018. Surprising, results revealed that the percentage of female speakers was greater than the state society female membership for 70% of the conferences. (See portfolio for poster abstract.)
- Pain Relief for PMPS Breast Cancer Patients – prospective RTC: Evaluating pain relief modalities for breast cancer patients with post-mastectomy pain syndrome (PMPS). We will be comparing a traditional approach of trigger point injections (TPI) with the comprehensive, self-administered myofascial release (MFR) approach. Currently pending IRB approval.
 - Co-authored IRB application; co-designed the research study and methods.

ONCOLOGIC CRITICAL CARE RESEARCH NETWORK (ONCCC-R-NET)

Houston, TX

Communications Manager

Oct 2018–Sept 2022

- Correspond with the global ONCCC-R-NET leadership team on research proposals and research project implementation.
- Co-organized ONCCC-R-NET’s 2019 annual Research Symposium; led research luncheon meeting with leadership team.
- Organize and facilitate meetings; record meeting minutes.
- Redesigned and continually develop and update webpage (<http://www.oncccrnet.org/>).

EARTH FOCUS FOUNDATION

Geneva, Switzerland

Research Intern

Oct 2017–Feb 2018

- Conducted literature searches and compositions on health and environmental sustainability topics, particularly on plastics.
- Investigated and illustrated the damages of plastics and other environmental issues through entries in their annual magazine.
- Co-founded and facilitated development of the “Sustainabus” project – a mobile classroom for hands-on education for elementary school children on sustainability, health, and self-care.

INTERNATIONAL CENTER FOR MIGRATION, HEALTH & DEVELOPMENT (ICMHD)

Geneva, Switzerland

Research Intern

Aug 2017–Oct 2017

- Conducted literature searches and resource documents on various migrant health topics, e.g., HIV/AIDS treatment available to migrants; physical and emotional repercussions of illegal abortions; and mental health consequences of forced migration. For each of these topics, I also included a policy plan to make the resources facilitating migrants more accessible.
- Presented HIV treatment resource sheet to the ICMHD president, which was distributed to the WHO to be used for further research and policy implementation to meet the holistic needs of migrants with HIV.

EDUCATION

UNIVERSITY OF HOUSTON (UH)***Doctoral Program in School Psychology, Dept. of Psychological, Health, & Learning Sciences*****Houston, TX****Aug 2021–Present**

- **Lead Member, Lab of Mindfulness, Wellbeing, and Spirituality**
 - Classroom Clarity (CC): research director of program evaluation of CC, a yoga + social-emotional learning (SEL) intervention provided at Houston ISD Title I high schools, measuring for feasibility, fidelity, and acceptability; collected qualitative data from students; lead instructor of CC at Wheatley High School in FY23; spearhead continuous quality improvement of curriculum.
 - Mindful Ambassador Program (MAP): instructed MAP for undergraduate students at UH in Fall 2021; support continuous quality improvement of curriculum.
- **President, Mindful Coogs Student Organization (Treasurer FY22-FY23)**
 - Lead the development of programs and events offered, including the Mindful Coogs Research Symposium and weekly free-for-students yoga classes offered on campus.
 - Apply for funding and reimbursement requests for all funded events – FY23.
 - Chair “Cat’s Back” booth each year to recruit students to join our club.
 - Co-host station at Counseling and Psychological Services (CAPS) annual fair, led student discussions on mindfulness.
 - Instruct mindfulness and yoga classes in partnership with other student organizations, e.g., Alpha Epsilon Delta: Pre-health Honors Society, Faculty Senate, provided to UH students and faculty/staff on-campus.

MD ANDERSON CANCER CENTER***Clinical Safety & Effectiveness Course (CS&E)*****Houston, TX****Jan–July 2019**

A 6-month course on designing, implementing, and testing safety and effectiveness of Quality Improvement (QI) Research Projects in an efficient and methodological manner. Curriculum focuses on evidence-based science, including guideline development, data and project management, quality tools, teamwork, health policy and economics. To be eligible, each team must submit a QI project, and concurrently develop it throughout the course.

- Applied for the CS&E course with the MBI project, LOTUS; accepted; presented project at graduation.
- Developed and designed the MBI project with CS&E concepts, methods, and quality tools.
- Created aim statement, strategic goals, flowchart, PDSA cycle, cause and effect diagram, Ishikawa fishbone diagram for LOTUS.
- Designed presentation LOTUS team presented to CS&E student body and MDACC faculty at CS&E graduation.

TULANE UNIVERSITY***Bachelors of Science with Honors; Public Health Major; Psychology Minor; Pre-Med*****New Orleans, LA****2013–2017**

- **Founder & Board of Directors, Green Wave Community Market (GWCM) (2013-2017):** pioneered this volunteer, student-run farmers market with 9 other Tulane students; recruited over 20 vendors; managed social media team; directed market operations; coordinated with sponsor who volunteered their space at no-cost; greeted vendors and market attendees; lead market close down team; co-led weekly meetings.
- **Study Abroad (Summer 2016):** studied International Development & Public Health, combined with a Research Internship at the *International Center for Migration, Health, and Development* in Geneva, Switzerland. Research Internship focused on the emotional repercussions of forced migration and how we may help mitigate trauma for migrants living in Geneva.
- **Public Relations & Event Chair, Green Club (2014-2015):** co-organized community service opportunities (my favorite to head was our *Second Line “Marching Against the Seas: Gulf Coast Rising”*); promoted and educated on environmental sustainability for New Orleans’s community; orchestrated weekly meetings for one of the largest clubs at Tulane.
- **Co-President, Healthy Veggie Club (2014-2015):** coordinated & directed events; taught healthy cooking classes; led fundraisers at the Green Wave Community Market, selling healthy food made by club members and me; spearheaded development of a health-conscious Tulane community; launched & facilitated the Veggie only Broil at Tulane’s Crawfest – the Annual Crawfish Broil on campus.
- **Bon’App Ambassador (2014):** lead Bon’App outreach at Tulane through the Campus Food Investigation; acquired partnership with Tulane’s dining board - reviewed dining hall options & recommended menu changes to dining board, which went in effect with vegan meals available in the cafeteria within 2 weeks.

RESEARCH & PUBLICATIONS

ABSTRACTS

- **Urso, C.**, Matovu, V.; Mousa, C.; Ahmad, M.; Smith, B. "Program Evaluation of an Innovative Mindfulness-Based Intervention in Schools." National Association of School Psychologists (NASP) Annual Convention. February 2024.
- **Urso, C.**, Salunkhe, B., Smith, B. "Applying the Falsifiable Logic Model to an Innovative Mindfulness-Based Intervention Combining Yoga & Social Emotional Learning." International Association of Yoga Therapists (IAYT) Annual Symposium in Yoga Research. October 2023.
- **Urso, C.**, Uribe, N., Smith, B. "Mindfulness as a Treatment for ADHD Symptoms: Is the Research Conclusive?" *American Psychological Association's (APA) Annual Convention*. August 2022.
- **Urso, Catherine**; Gutierrez, Cristina; Agnate, Ashley; Laserna, Andres; Jawe, Neetha; Layton, Lorraine; Nates, Joseph. "Catering a Burnout-Prevention Program to ICU Nursing Staff." *Critical Care Medicine*. January 2020. Vol 48. Issue 1. doi: 10.1097/01.ccm.0000643152.45097.bd
- Laserna, Andres; Fowler, Cosmo; O'Connell, Keara; Manjappachar, Nirmala; Martin, Peyton; Cuenca, John; **Urso, Catherine**; Gutierrez, Cristina; Malik, Imrana; Erfe, Rose; Cardenas, Yenny; Price, Kristen; Nates, Joseph "Neutropenic Septic Shock Outcomes in Cancer Patients and the Influence of Colony-Stimulating Factor." *Critical Care Medicine*. January 2020. Vol 48. Issue 1. doi: 10.1097/01.ccm.0000648584.83810.1e
- Fowler, Cosmo; Laserna, Andres; O'Connell, Keara; Manjappachar, Nirmala; Martin, Peyton; Cuenca, John; **Urso, Catherine**; Gutierrez, Cristina; Malik, Imrana; Erfe, Rose; Cardenas, Yenny; Price, Kristen; Nates, Joseph. "Microbial Isolates and Septic Shock Outcomes in an Oncologic Intensive Care Unit." *Critical Care Medicine*. January 2020. Vol 48. Issue 1. doi: 10.1097/01.ccm.0000619868.12178.97
- **C Urso**, K Hickman, C Hagberg, MD, L Feng, KB Hagan, MD, Crystal Wright, MD, Linda Hertzberg, MD. "Gender Representation at Anesthesia State Society Meetings: How do we Define Equitable?" *Proceedings of the Association of American Medical Colleges (AAMC)'s 2019 Annual Conference*. November 2019.
- Isabella Hsu, **Catherine Urso** BS, Christina Le-Short MD. "A Literature Review on Mindfulness-Based Stress Reduction as a Treatment for Low Back Pain: Is it Effective?" *Proceedings of ASRA: American Society of Regional Anesthesia and Pain Medicine's 2019 Annual Conference*. Presented by Ms. Hsu. November 2019.
- **Catherine Urso** BS, Cristina Gutierrez MD, Ashley Agnate BA, Andres Laserna MD, Neetha Jawe MSN, RN, CCRN, CNI, Lorraine Layton MSN, RN, CVRN, Joseph Nates MD, MBA, CMQ, MCCM. "Catering a Burnout-Prevention Program to Your Employees: Analysis of a Needs Assessment Survey." *Proceedings of the Oncologic Critical Care Research Network's 2019 Annual Symposium*. May 2019.
- **Catherine Urso**, Andres Laserna, Linh Nguyen, Acsa Mary Zavala, Lindsey Law, Clara Fowler, Niel Bailard, Piotr Kwater. "Yoga as an Antidote to Burnout and Related Disorders for Healthcare Providers: A Literature Review." *Proceedings of the Burnout to Brilliance's 2019 Annual Conference*. May 2019. Presented by Dr. Nguyen.
- Rebello E, Zavala A, **Urso C**, Delgado K, Tsai J, Kapoor R, Williams U, Van Meter, Shadowens L, and P Owusu- Agyemang. "Reducing nasal trauma during nasotracheal intubations: A case report of a patient with oral cancer." *Proceedings of MD Anderson Cancer Center's Second Annual Division of Anesthesiology, Critical Care & Pain Medicine Trainee Abstract Poster Session*. August 2018.
- Delgado K, Zavala A, Alnatour O, Rebello E, Tsai J, **Urso C**, Williams U, Van Meter A, Kapoor R, McCarthy K and P Owusu- Agyemang. "Parental Presence During a Pediatric Awake Flexible Scope Intubation." *Proceedings of MD Anderson Cancer Center's Second Annual Division of Anesthesiology, Critical Care & Pain Medicine Trainee Abstract Poster Session*. August 2018. Presented by Ms. Delgado.

MANUSCRIPTS

- **Urso, C.**, Laserna, A., Feng, L., Agnate, A., Jawe, N., Magoun, C., Layton, L. S., Nates, J. L., & Gutierrez, C. (2022). Mindfulness as an Antidote to Burnout for Nursing and Support Staff in an Oncological Intensive Care Unit: A Pilot Study. *Holistic nursing practice*, 36(5), E38–E47. <https://doi.org/10.1097/HNP.0000000000000544>
- Narayanan, S., Tennison, J., Cohen, L., **Urso, C.**, Subramaniam, B., & Bruera, E. (2021). Yoga-Based Breathing Techniques for Health Care Workers during COVID-19 Pandemic: Interests, Feasibility, and Acceptance. *Journal of Alternative and Complementary Medicine*, 27(8). <https://doi.org/10.1089/acm.2020.0536>
- Laserna, A., Durán-Crane, A., López-Olivo, M. A., Cuenca, J. A., Fowler, C., Díaz, D. P., Cardenas, Y. R., **Urso, C.**, O'Connell, K., Fowler, C., Price, K. J., Sprung, C. L., & Nates, J. L. (2020). Pain management during the withholding and withdrawal of life support in critically ill patients at the end-of-life: a systematic review and meta-analysis. *Intensive care medicine*, 46(9), 1671–1682. <https://doi.org/10.1007/s00134-020-06139-7>
- Durán-Crane, A., Laserna, A., López-Olivo, M. A., Cuenca, J. A., Díaz, D. P., Cardenas, Y. R., **Urso, C.**, O'Connell, K., Azimpoor, K., Fowler, C., Price, K.J., Sprung, C.L., Nates, J. L. (2019). Clinical Practice Guidelines and Consensus Statements About Pain Management in Critically Ill End-of-Life Patients. *Critical Care Medicine*. <https://doi.org/10.1097/ccm.0000000000003975>

RESEARCH PRESENTATIONS

- **NASP 2025:** Smith, B., **Urso, C.**, Mousa, C., Lahman, K. (2025, February 18-21). *Combining Motivational Interviewing with Mindfulness to Improve Counseling and Consultation* [Mini-Skills, 2-hour Session with 4 presenters]. National Association of School Psychologists' 2025 Annual Convention, Seattle, WA, United States
- **PISD 2024 Mental Health Matters:** Urso, C. (2024, February 19). *Coping Skills Tips & Tricks – Mini-Sessions and Practical Tools for Using Mindfulness with Students* [Workshop Presentation]. Pearland ISD's 2024 Mental Health Matters Conference for Distract Staff, Pearland, TX, United States.
- **NASP 2024:** Mousa, C. **Urso, C.**, O'Neal, S., Matovu, V., Smith, B. (2024, February 14-17). *Enhancing Well-Being in Schools Through State of the Science Mindfulness* [Mini-Skills, 2-hour Session with 4 presenters]. National Association of School Psychologists' 2024 Annual Convention, New Orleans, LA, United States. <https://apps.nasponline.org/professional-development/convention/session-detail.aspx?id=27719>
- **NASP 2024:** **Urso, C.**, Matovu, V., Mousa, C., Ahmad, M., Smith, B. (2024, February 14-17). *Program Evaluation of Classroom Clarity: an Innovative Mindfulness-Based Intervention in Schools* [Poster Session]. National Association of School Psychologists' 2024 Annual Convention, New Orleans, LA, United States. <https://apps.nasponline.org/professional-development/convention/session-detail.aspx?id=27758>
- **IAYT SYR 2023:** **Urso, C.**, Salunkhe, B., Smith, B. (2023, October 16-18). *Applying the Falsifiable Logic Model to an Innovative Mindfulness-Based Intervention Combining Yoga & Social Emotional Learning* [Poster Session]. International Association of Yoga Therapists' 2023 Annual Symposium on Yoga Research, Stockbridge, MA, United States.
- **APA 2022:** **Urso, C.**, Uribe, N.; Smith, B. (2022, August 4-6). *Mindfulness as a Treatment for ADHD Symptoms in Youth: Is the Research Conclusive?* [Virtual poster presentation]. American Psychological Association's 2022 Annual Convention, Minneapolis, MN, United States.
- **SCCM 2020:** **Urso, C.**, Gutierrez, C., Agnate, A., Laserna, A., Jawe, N., Layton, L., & Nates, J. L. (2020, February 16-19). *Catering a Burnout-Prevention Program to ICU Nursing Staff* [Abstract Presentation, 20-minute Session]. Society of Critical Care Medicine's 2020 Annual Congress, Orlando, FL, United States.
- **AAMC 2019:** **Urso, C.**, Hickman, K., Hagberg, C., Feng, L., Hagan, K. B. (2019, November 8-12). *Gender Representation at Anesthesia State Society Meetings: How do we Define Equitable?* [Poster Session]. Association of American Medical Colleges' 2019 Annual Conference: Learn Serve Lead, Phoenix, AZ, United States.
- **ONCCC-R-NET 2019:** **Urso, C.**, Gutierrez, C., Agnate, A., Laserna, A., Jawe, N., Layton, L., & Nates, J. L. (2019, May 29-June 1). *Catering a Burnout-Prevention Program to Your Employees: Analysis of a Needs Assessment Survey.* [Poster Session]. Oncologic Critical Care Research Network's 2019 Annual Symposium, Houston, TX, United States.
- **SAM 2018:** Rebello, E., Zavala, A., **Urso, C.**, Delgado, K., Tsai, J., Kapoor, R., Williams, U., Van Meter, Shadowens L., & P. Owusu-Agyemang. (2018, September 13-16). *Reducing nasal trauma during nasotracheal intubations: A case report of a patient with oral cancer.* [Poster Session]. Society for Airway Management's 2018 Annual Scientific Meeting, Chicago, IL, United States.
- **MDACC's 2018 Annual Research Intern Experience Conference.** Rebello, E., Zavala, A., **Urso, C.**, Delgado, K., Tsai, J., Kapoor, R., Williams, U., Van Meter, Shadowens L., & P. Owusu-Agyemang. (2018, August 9). *Reducing nasal trauma during nasotracheal intubations: A case report of a patient with oral cancer.* [Poster Session]. MD Anderson Cancer Center's 2018 Annual Research Intern Experience Conference, Houston, TX, United States.
- **MDACC's 2018 Annual DACC PM Trainee Abstract Poster Session.** Rebello, E., Zavala, A., **Urso, C.**, Delgado, K., Tsai, J., Kapoor, R., Williams, U., Van Meter, Shadowens L., & P. Owusu-Agyemang. (2018, August). *Reducing nasal trauma during nasotracheal intubations: A case report of a patient with oral cancer.* [Poster Session]. MD Anderson Cancer Center's 2018 Annual Division of Anesthesia, Critical Care, and Pain Management Trainee Abstract Poster Session, Houston, TX, United States.

AWARDS, GRANTS & SERVICE

- **Poster Judge of the Department of Psychological, Health, & Learning Science's (PHLS) 2022 Research Symposium.** PHLS, University of Houston, Houston, TX.
- **Co-investigator of Clinical Research Development Award (CRDA Grant).** Division of Anesthesiology, Critical Care, & Pain Medicine. MD Anderson Cancer Center, Houston, TX.
- **Author of QIAB application** for LOTUS project. MD Anderson Cancer Center QIAB, Houston, TX.
- **Co-author of IRB application** for pain relief for PMPS patients. MD Anderson Cancer Center IRB, Houston, TX.

OTHER PROFESSIONAL & VOLUNTEER ACTIVITIES

- **ONCCC-R-NET leadership board:** Co-organize & host Oncologic Critical Care Research Network 2019 & 2020 Symposiums. Houston, TX. 2018-2020.
- **Living Your Voice (LYV) leader:** Lead singer of GroupSing interactive performances at nursing homes and community centers for the LGBTQ+ communities. Houston, TX. 2019–2020.
- **iEducate Yoga Instructor:** Taught biweekly yoga sessions for summer students at Whidby Elementary, an underserved public school in south Houston. Houston, TX. Summer 2018.
- **Camp Ozark counselor:** Camp counselor for pre-teen girls at a Christian outdoors summer camp. Little Rock, AR. Summer 2014.

HONORS

- **Cum Laude** in the School of Public Health & Tropical Medicine at Tulane University, New Orleans, LA.
- **Tulane's Top Scholars Program** at Tulane University, New Orleans, LA.
- **National Society of Collegiate Scholars** (NSCS) active scholar, USA. 2014-2017.

CERTIFICATIONS

- **Yoga Instructor Training:** 200-Hour Yoga Teacher Training Instruction, UDJAT School of Yoga, Houston, TX. Jun 2023.
- **DEI Training:** LeadUH RISE Diversity Leadership Program, University of Houston, Houston, TX. Apr 2023.
- **Biofield Therapy Training:** Basic Pranic Healer, Master Choa Kok Sui Pranic Healing, Houston, TX. Dec 2019.
- **Inner Engineering:** Graduate of Isha Inner Engineering Hatha Yoga Program, Houston, TX. Sept 2019.
- **Yoga Instructor Training:** 300-Hour Yoga Teacher Training Instruction, Pralaya Hatha Yoga Studio, Houston, TX. Feb 2019.
- **BLS Instructor:** Basic Life Support Instructor, MD Anderson, Houston, TX. July, 2018.

SKILLS & HOBBIES

- **Research skills:** write and edit research studies, research grants, and QIAB and IRB applications; conduct and organize literature reviews; develop REDCap surveys; conduct data collection; administer basic statistical analysis; design and perform research presentations; mentor research interns and peer colleagues in conducting research.
- **Proficient in computer software, including:** Qualtrics, Epic, Universe, WEBI, REDCap, Mendeley, Excel, PowerPoint, LucidChart, Graph Pad Prism, Canva, Google Poll, Google Forms.
- **Hobbies:** dancing, yoga, singing, drumming, cooking, being outside, snowboarding, and DJing.