# ANNE MARY K. MONTERO, Ph.D., HSPP \_\_\_\_\_\_ \_CURRICULUM VITAE

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**HIGHLIGHTS OF QUALIFICATIONS**

* Health psychology specialization in anxiety, somatization, and cognitive-behavioral evaluation and care
* Clinical expertise with diverse medical populations, including GI, pain, oncology, and women’s health
* Evidenced-based practice with multicultural training, bilingual care, and focus on outcome evaluation
* Forensic consultation with medical malpractice, expert witnessing and risk stratification/assessment
* Wellness, burnout risk prevention expertise and passion for team training/educational instruction

***EDUCATION***

## Doctor of Philosophy in Clinical Psychology (Board Certified with IN licensure, HSPP) 1998-2007

University of Wisconsin-Milwaukee [APA Accredited]

Dissertation: Follow-Up Behavior for Abnormal Pap Smears: A Regional Analysis of Low-Income African American, Hispanic, and Caucasian Women

* Major: Clinical Psychology
* Minors: Counseling Psychology, Social Psychology with a conc. in Health Psychology
* Cumulative Grade Point Average: 4.0

## Master of Science in Clinical Psychology (earned in 15 months, shortest UWM time to degree) 1998-1999

University of Wisconsin-Milwaukee [APA Accredited]

Thesis: The Impact of Family Backgrounds on the Formation of Adult Primary Relationships

## Bachelor of Arts & Science 1989-1993

University of Notre Dame, *magna cum laude*

Major: Romance Languages and Literatures (Spanish) with a concentration in Communications

***PROFESSIONAL EXPERIENCE: CLINICAL PSYCHOLOGY***

### Indiana University Health, Spring Mill Clinic, University Hospital (Indianapolis, IN)

### Medical Psychologist, Assistant Professor of Clinical Medicine, Digestive and Liver Disorders Division 2014-present

### Department Chief, Dr. Mohammed Al-Haddad, MD

### Lead psychologist for direct patient care for IU Health Digestive and Liver Disorder Division

### Serving as primary service provider for psychological assessment and treatment for division, including motility, IBD, hepatology, and other functional gastroenterology patients

### Performing risk stratification preoperative evaluations for IU Health patients, identifying risk factors in candidates for surgery, treatment strategies, and psychological issues for care

### Working in interdisciplinary team on motility research and treatment

### Providing patient psychotherapy for adjustment to illness to help enhance medical outcomes

### Developing innovative treatment protocol for interdisciplinary pain management and patient compliance

### Indiana University Health, North Hospital (Carmel, IN)

### Medical Director, Behavioral Health 2016-present

### Department Chiefs, Drs. Mohammed Al-Haddad, M.D., Naga Chalasani, M.D.

### Chief Medical Officer, Drs. Paul Calkins, M.D.(2016-2020), Rocky Singh, M.D. (2020-present)

### Medical directorship created with program foundation and development for behavioral health

### Serving as sole service provider for first 3 years of program, performing psychological assessment and treatment for all hospital divisions, including GI, General Surgery, Primary Care, Orthopedics, Neurology, Sleep Medicine, Emergency Medicine, Women’s Health, and Hospitalists/ICU

### Collaborating with interdisciplinary teams for patient care, treatment planning, and policy/program development (e.g., RN training on patient expectations/team bill of rights)

* Managing program productivity and staff expansion, training, and supervision, including second psychologist
* Providing inpatient and outpatient care; developing staff training and support

### Indiana University Health, University Hospital (Indianapolis, IN) 2008-2014

### Clinical Psychologist, Adjunct Assistant Professor of Medicine for Solid Organ Transplant Team

### Department Chief, Naga Chalasani, M.D. (Assoc. Dean of Clinical Research, IU School of Medicine)

### Provided patient assessment and clinical support for IU Gastroenterology and Transplant Divisions

### Performed preoperative psychological evaluations for transplant and GI patients, identifying candidates for transplant, treatment strategies, and psychological issues to minimize risk in treatment

### Served interdisciplinary team on liver, kidney, multivisceral transplant selection committees

### Offered patient psychotherapy for adjustment to illness to help enhance medical outcomes

### Founded patient support group, initiated psychoeducation for transplant patients and families

### Forensic Consultation (Westfield, IN) 2019-present

### Medical Psychologist, Expert Witness

### Provided forensic consultation with medical/psychological record review, case opinion

### Offered expert evaluation with medical malpractice cases

### Engaged medical record/disability file review, other forensic strategy consultation

### Educational Instruction (Indiana, West Virginia, Illinois, and Missouri) 3/13-15/2019, 4/10-12/2019

### Psychology Instructor: Behavioral Treatment of Chronic Pain: Helping Patients Move from Hurt to Hope

**PESI, Inc.**

### Created and delivered full-day seminars for professional continuing education requirements in psychology, medicine, nursing, physical/occupational therapy, and mental health clinicians; open to public and other professions

### Didactic and interactive seminar on chronic pain evaluation and treatment, including opioid risk evaluation and validity detection in psychological assessment:

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### Professional Psychological Associates (Indianapolis, IN) 2007-08

### Private Practice, Clinical Psychologist/Neuropsychologist

### Supervisor, Corby A. Bubp, Ph.D., Clinical Neuropsychologist, HSPP

Provided psychological assessment and therapy for individual adult and child evaluations

* Provided neuropsychological evaluations, treatment for geriatric inpatients and residents
* Performed IQ, personality, disability assessments for adult clinic outpatient population
* Developed and implemented treatment plan, including cognitive-behavioral therapy and biofeedback
* Neurofeedback training and instruction

### Union Hospital, Hux Cancer Center (Terre Haute, IN) 2008

### Medical Psychologist

### Supervisor, Steve Marlow, Ph.D., Clinical Psychologist, HSPP

### Founded interdisciplinary psycho-oncology program; support for diverse physician groups in the hospital

### Created and implemented comprehensive psycho-oncology program

### Developed psychological screening for NICU, OB/GYN patients; provided assessment on rehab unit

### Initiated primary research on program effectiveness among patients and health care providers

### Psychological Services Center (Louisville, KY) 2007-08

### Private Practice, Clinical Psychologist

### Supervisor, Dennis J. Buchholz, Clinical Neuropsychologist, ABPP

Assessed for schizophrenia, mood disturbance for court-ordered and private evaluations

* Evaluated parenting aptitude, IQ, and psychopathology for KY Dept. Health/Family Services
* Provided child, family therapy and inpatient psychiatric hospital assessments for adolescents and adults, including those with seriously mental illness
* Offered bilingual assessments and therapy for local racing association members/family

### Jefferson County Internship Consortium -- APA Accredited (Louisville, KY)

## Family Connections (Louisville, KY)

## Doctoral Intern in Clinical Psychology 2006-07

**Supervisors: David Finke, Ph.D., Jeff Jackson, Psy.D., Gene Kinnetz, M.A.**

Provided comprehensive assessment and therapy during intake, crisis intervention, and ongoing therapy

* Chartered clinical outcome data with individual patients; assessed improvements per intervention
* Offered bilingual services to children, adolescents, and families of diverse ethnicity and SES

### Jefferson County Internship Consortium -- APA Accredited (Louisville, KY)

## Kentucky Center for Psychiatric Care, La Grange, KY

## Doctoral Intern in Clinical Psychology 2006-07

## Supervisors: Steve Free, J.D., Ph.D., Richard Johnson, Ph.D., Russ Williams, Psy.D.

Provided forensic assessment of inmates, hospital inpatients to help determine criminal responsibility and competency to stand trial

### Jefferson County Internship Consortium -- APA Accredited (Louisville, KY)

## Seven Counties Services at Oldham County, La Grange, KY; at Shelby County, Shelbyville, KY

## Doctoral Intern in Clinical Psychology 2006-07

## Supervisors: Laura Fitzgibbons, Ph.D., Jodi Bessinger, M.A.

Created protocol and led therapeutic groups for anxiety and depression; provided trainee supervision

* Provided assessment and bilingual therapy for children, adolescents, adults, and families, including SMI clients and those with mood, cognitive, eating, and personality disorders
* Created original measures to quantify treatment outcomes for children and adults

Center for Anxiety and Related Disorders, Boston University (Boston, MA)

## Psychotherapist as Practicum Student 2001-02

**Supervisors: David Barlow, Ph.D., G.Steketee, Ph.D., J.Wincze, Ph.D., and W.Lippe, Ph.D.**

Implemented cognitive-behavioral and psychodynamic strategies in short- and long-term individual psychotherapy, including treatment of both chronic and acute mood, anxiety, and cognitive disorders

* Developed and implemented cognitive-behavioral treatment to reduce panic, OCD, GAD symptoms
* Treated patients in sexual dysfunction clinic; co-led adolescent social phobia group

University of Wisconsin-Milwaukee Psychology Clinic

## Psychotherapist as Psychology Trainee 2000-01

**Supervisors: Hobart Davies, Ph.D., Robyn Ridley, Ph.D.**

* Worked within scientist-practitioner model in both short- and long-term counseling
* Provided diverse population of clients bilingual assistance through cognitive-behavioral, goal-oriented, and psychodynamic approaches to therapy

Clement Zablocki Veterans Affairs Medical Center (Milwaukee, WI)  **2000**

#### Psychology Trainee: Pain Management and Rehabilitation Teams

**Supervisor: Jill Klayman, Ph.D.**

* Collaborated with psychologist to evaluate and treat inpatient veterans
* Worked with physical medicine/multi-disciplinary teams to coordinate client progress in unit

Sixteenth Street Behavioral Health Clinic (Milwaukee, WI) **2000**

#### Psychology Trainee: Mental Health Unit

**Supervisor: Paul West, Ph.D.**

* Conducted intakes, individual psychotherapy exclusively in Spanish with urban adult population

University of Wisconsin-Milwaukee Psychology Clinic **1998-2000**

**Assessor as Psychology Trainee, including Objective and Projective Testing**

**Supervisor: Vincent Adesso, Ph.D.**

* Administered and interpreted full objective and projective batteries, including providing feedback and recommendations to clients
* Repeatedly administered up to 15 standard and age- and ethnic-specific aptitude, intelligence, and emotional diagnostic instruments
* Strong emphasis in multi-racial child and adolescent assessment

***PROFESSIONAL EXPERIENCE: HEALTH RESEARCH AND CONSUMER MARKETING***

Cramer-Krasselt Advertising Agency (Milwaukee, WI)

**Senior Account Executive, Roche Diagnostics (Indianapolis, IN) 1996-98**

* Led interdisciplinary team to devise and implement pioneering consumer- and health care provider-targeted marketing strategy; coordinated primary research strategy
* Developed segmented business plan for each market group, from manufacturer to consumer, pharmacist, physician/nurse practitioner, and sales support force

Leo Burnett Company (consumer advertising: Chicago, IL)

**Client Service Account Executive, Procter & Gamble U.S. and Hispanic Consumer Markets,**

**McDonald’s U.S. Regional and Hispanic Consumer Market**

**Media Strategist, U.S. and global accounts 1993-96**

* Led interdisciplinary team to develop integrated advertising campaign in U.S. and international health and beauty care industries; forged matrix account plans to grow client market share
* Developed marketing strategy and original research plans, including Spanish-language primary research in direct Hispanic consumer marketing
* Devised business plan to help guide in-development product through FDA approval to market

***ACADEMIC/CIVIC ACTIVITIES***

**Application for promotion to Associate Professor of Clinical Medicine, Indiana University School of Medicine** *– in process* **2022-present**

**Indiana University Digestive and Liver Disorders Wellness Committee 2021-present**

***Initiated “Fostering Resilience in DaLD” proposal for division-specific pilot program for wellness navigation and physician and staff burnout risk mitigation/prevention* 4/2022-present**

**Indiana University Health North Hospital Medical Directors Committee –member 2021-present**

***Initiated “Positive Results” Campaign, a physician- and team-targeted program promoting diversity and psychoeducational awareness with print messaging for team education*  5/2022-present**

**Health Psychology Doctoral Candidate Supervision-Indiana University/Purdue University Clinical Psychology Program 2021**

**Indiana University School of Medicine Digestive and Liver Disorders/General Surgery TPIAT selection committee – invited member 2021-present**

**Indiana University Health Behavioral Health and Addictions Clinical Council 2020-present**

**Autoimmune Hepatitis International Association: Psychological Consultant 2020-present**

**Autoimmune Hepatitis Association – Board of Directors 2020-present**

**Gastroenterology, Hepatology, and Endoscopy Editorial Board – invited member 2020-present**

**Psychologist Supervisor: Indiana University Health GI Psychology Division 2017-2019**

**Institute of Coaching Affiliate – Harvard/McLean Hospital Affiliate 2019**

**IU Health General Surgery ERAS Expansion Program Proposal: Integrating Psychological Factors to Enhance Surgical Outcomes 2018**

**IU Health Behavioral Health Collaborative: Executive Leadership Team 2018-present**

**IU Health Behavioral Health Collaborative: Task Force 2017-present**

**Indiana State Attorney General Opioid Abuse Prevention Taskforce Committee 2016-present**

**Indiana University Health Liver Transplant Selection Committee 2008-2014**

**Indiana University Health Multivisceral Transplant Selection Committee 2008-2014**

**Indiana University Health Kidney Transplant Living Donor Selection Committee 2008-2014**

**Indiana University Health Transplant Patient Psychoeducation Team 2009-2014**

**Indiana University Health Quality Improvement Committee 2009-2010**

**Psychology Intern Supervisor: Indiana University Health GI Psychology Division 2009**

***PRESENTATIONS/PUBLICATIONS***

* **The Efficacy of Psychological Therapies in Patients with Chronic Constipation and History of Early Adverse Life Events or Post-Traumatic Stress Disorder** (co-author with Dr. Andrea Shin), overview of data collected in primary investigation of PTSD/EALS and chronic GI distress with brief cognitive-behavioral intervention; accepted for presentation for Digestive Disease Week “DDW 2023,” Chicago, IL **accepted 11/22 for presentation 05/23**
* **Total Pancreatectomy with Islet Autotransplant** (co-author with Dr. Kyle Lewellen), overview of model of multidisciplinary team management of GI/psychological care; accepted for presentation for Digestive Disease Week “DDW 2023,” Chicago, IL **accepted 11/22 for presentation 5/23**
* **Characterization of Clinical Classification of Gastroparesis based on Predominant Symptom Presentation** (co-author with Dr. Betty Li), overview of model of gastroparesis and subtypes including GI/psychological features; accepted for presentation for Digestive Disease Week “DDW 2023,” Chicago, IL **accepted 11/22 for presentation 5/23**
* **Burnout Risk and Stress Management Strategies in Nursing**, invited presentation to Indiana University Health/Indiana University School of Medicine Digestive and Liver Disorders Nursing Team- Continuing Education **accepted 4/23 for presentation 5/23**
* **Maximizing Restoration: Using Empirically-Supported Sleep Strategies to Support Effective Performance,** invited presentation to Indiana University Health/Indiana University School of Medicine Digestive and Liver Disorders Division, inaugural Division Wellness lecture **4/23**
* **Well-Being on Fellowship Front Lines 2023**, invited presentation to Indiana University Health/Indiana University School of Medicine Digestive and Liver Disorders Fellowship Continuing Education **4/23**
* **Somatoform Disorders: Distinguishing Challenging Patients at the Intersection of Medical and Psychological Distress**, invited presentation to Indiana University Health/Indiana University School of Medicine Digestive and Liver Disorders Fellowship Continuing Education **4/23**
* **Interdisciplinary Psychological Evaluation in Total Pancreatectomy with Islet Cell Transplant** (first author), proposed model of multidisciplinary team management of GI/psychological care; accepted for presentation for session 49: Clinical/Outcomes: Hepatopancreatobiliary Session of the 18th Annual Academic Surgical Congress, Houston, TX  **2/23**
* **Wellness in Action: Administrative Leadership Retreat 2023**, invited presentation to Indiana University Health/Indiana University School of Medicine Executive Leadership Team **2/23**
* **Integrated Assessment and Treatment of Necrotizing Pancreatitis: A Clinical Model of Interdisciplinary Care:** (first author), proposed model of multidisciplinary team management of GI/psychological care; manuscript in submission  **present**
* **“Expert faculty” invited presentation on psychological aspects of chronic pain and opioid use disorder to Opioid Use Disorder TeleECHO Clinic, Indiana University School of Medicine invited for 2023**
* **Well-being Primer for Healthcare Providers-** invited presentation on psychological aspects of coping in high-pressure healthcare environments, Indiana University School of Medicine Digestive and Liver Disorders Division Faculty and Staff Continuing education **invited for 2/2023**
* **DaLD Lunch and Learn on Well-Being**, invited presentation on psychoeducational approach to well-being and coping in high-pressure work environments to staff for Indiana University School of Medicine, Digestive and Liver Disorders Division **11/22**
* **Symptom Synergy in Autoimmune Disease: Assessment and Management in AIH -** invited presentation to the Autoimmune Hepatitis International Association – Midwest Chapter on coping with primary disease side effects of fatigue, depression and anxiety affecting quality of life **11/22**
* **Interdisciplinary Psychological Evaluation in Total Pancreatectomy with Islet Cell Transplant** (first author), proposed model of multidisciplinary team management of GI/psychological care; accepted for presentation for session 49: Clinical/Outcomes: Hepatopancreatobiliary Session of the 18th Annual Academic Surgical Congress, Houston, TX **accepted 11/22 for presentation 02/23**
* **National Recommendation for Adults to be Screened for Anxiety: A Psychologist’s Interview with WISH-TV:**discussion of national screening recommendations to include mental health symptoms of anxiety; [https://www.wishtv.com/news/local-news/panel-most-adults-should-get-routine-anxiety-screenings/](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.wishtv.com%2Fnews%2Flocal-news%2Fpanel-most-adults-should-get-routine-anxiety-screenings%2F&data=05%7C01%7Camontero%40IUHealth.org%7C8f6e1e77d5174a6eec5908daad044b38%7Cd9d470633f5e4de9bf99f083657fa0fe%7C0%7C0%7C638012531200472975%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=sEPnBXd1jYj%2FDHH%2Buz4VhseLz9DqoMSiDFb7GbpKXfU%3D&reserved=0) **10/22**
* **Pancreatitis Associated Anxiety, Depression, and Stress: Hypothesis, Definition, and Intervention (co-author): McGuire, S; Montero, AM; McGreevy, K; Zyromski, N.** *Surgery Open Science, 02 July* 2022, ISSN 2589-8450, <https://doi.org/10.1016/j.sopen.2022.06.005>. (<https://www.sciencedirect.com/science/article/pii/S2589845022000422>) **07/2022**
* **Psychological Perspectives on Coping with Rare Disease**– invited presentation for Autoimmune Hepatitis Association national conference for medical/psychological continuing education **07/2022**
* **Stress Coping and Fellowship Self-Care**– invited presentation for Indiana University Health Digestive and Liver Disorders Division medical/psychological continuing education **06/2022**
* **25th Annual IU Gastroenterology/Hepatology Update Conference (faculty panel speaker on psychological assessment and treatment planning in GI/hepatology care) 05/2022**
* **Patient Perceptions of Cognitive Behavioral Therapy in Adults with Functional Bowel Disorders (FBD) May Differ by FBD Category: (co-author)**; Shin, A; Montero, AM; Jones, S; James-Stevenson, T; Kadariya, A; Gupta, A; Jarrett, M; Xu, H.; poster presentation at the Digestive Disorder Week National Convention of the American Gastroenterology Association; San Diego, CA

**5/2022**

* **GI Psychology Primer: Psychoneurogastroenterology Assessment and Care –** invited presentation for medical continuing education for Digestive and Liver Disorders Fellows, Indiana University School of Medicine  **4/2022**
* **Stress Coping and the Emergency Department**– invited presentation for Indiana University Health North Hospital Emergency Division medical/psychological continuing education **04/2022**
* **Early adverse life events and post-traumatic stress disorder in patients with constipation and suspected disordered defecation (co-author); Hendrix, J; Ranginani, D; Montero, AM; Lockett, C; Xu, H; James-Stevenson, T; Shin, A.** [**Neurogastroenterology & Motility**](https://onlinelibrary.wiley.com/journal/13652982)**,** [**Volume 34, Issue 3**](https://onlinelibrary.wiley.com/toc/13652982/2022/34/3) e14195. <https://onlinelibrary.wiley.com/doi/full/10.1111/nmo.14195?campaign=woletoc>

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* **Psychological Perspectives on Cancer Coping for Caregivers:** Invited presentation for community continuing education with partnership between Indiana University Health North Hospital/Schwarz Cancer Center and Carmel/Clay Library Foundation, Carmel, IN **11/2021**
* **Conversion/Somatoform Disorders and Interdisciplinary Care:** Invited presentation for medical continuing education to the Indiana University Health North Rehabilitation Division (physical therapy, occupational therapy, speech pathology teams) **9/2021**
* **Pancreatitis Associated Anxiety, Depression, and Stress: Definition and Intervention:** Co-author, paper accepted for presentation at *the Central Surgical Association and Midwest Surgical Association Annual Meeting* **7/2021**
* **Medical Psychology Public Education: Expert interview on mind-body connections in IBS and IBD (***Prevention Magazine***):** Invited interview on pathways of connection/coping with disorders of brain-gut interaction  **6/2021**
* **Early Adverse Life Events and Post-Traumatic Stress Disorder in Patients with Constipation and Suspected Disordered Defecation: (***Neurogastroenterology and Motility)*; Vol. 34, 3: e14195 <http://doi.org/10.1111/nmo.14195> **6/2021**
* **Psychological Factors in Interdisciplinary Management of Chronic Pain: Indiana State Medical Association** –invited presentation for medical continuing education; <https://www.ismanet.org/ISMA/Events/Event_Display.aspx?EventKey=LWEB051321>  **5/2021**
* **Factitious Disorders and Physician Well-Being -** invited presentation for medical continuing education for Digestive and Liver Disorders Fellows, Indiana University School of Medicine  **4/2021**
* **Burnout Risk Prevention for the Busy Physician in Training –** invited presentation for medical continuing education for Digestive and Liver Disorders Fellows, Indiana University School of Medicine  **4/2021**
* **Medical Psychology Public Education WISH-8 TV:** Invited interview on trauma/coping with current events, including Derek Chauvin trial; <https://www.wishtv.com/news/medical/indiana-mental>...

**4/2021**

* **Medical Psychology Public Education FOX TV:** Invited interview on coping with current events **3/2021**
* **Medical Psychology Public Education *Indiana Business Journal:*** Invited interview with John Russell on NCAA tournament players’ mental health, on behalf of Indiana University Health Physicians [NCAA adds team field trips to help alleviate bubble boredom - Indianapolis Business Journal (ibj.com)](https://www.ibj.com/articles/bubble-boredom)  **3/2021**
* **“Adherence Barriers to Breast Cancer Treatment: Fragmentation of Care, Mood Disorders, and Substance Use Disorder:”**(co-author), poster presentation, American Medical Women’s Association 106th Meeting (virtual) **3/2021**
* **“Receptiveness to Cognitive-Behavioral Therapy among the General Public and Individuals with Functional Bowel Disorders,” Digestive Disease Week Poster Session,** (co-author), American Gastroenterological Association **accepted 11/2020 for 5/21**
* **Coping with Stress-**  invited presentation for Autoimmune Hepatitis Association/YouTube **12/2020**

[**https://www.youtube.com/watch?v=g-0U9\_9Q6bY**](https://www.youtube.com/watch?v=g-0U9_9Q6bY)

* **Medical Psychology Public Education: Navigating Seasonal Stress during COVID-19** – invited media interview with Indianapolis newspaper (*The Current,* Carmel, IN) through IU Health Marketing - **11/2020**
* **Psychological Factors in Assessment and Treatment of Chronic Pain: Opioid Safety and Alternatives Conference 2020**– invited presentation for Marion County Public Health Department medical/psychological continuing education **11/2020**
* **Coping during COVID-19: Psychological Strategies for Chronic Illness-**  invited presentation for community Autoimmune Hepatitis Association – Adult Support Group **11/2020**
* **Coping as Caregivers: Psychological Strategies for Chronic Illness-**  invited presentation for community Autoimmune Hepatitis Association – Pediatric Support Group **11/2020**
* **“Preoperative anxiety and associated factors among elective surgical patients in Northeast Ethiopia,”** – invited reviewer, *Surgery Open Science*, SOPEN-D-20-00069 **10/2020**
* **Medical Psychology Public Education: Social Media and Mental Health** – invited media interview with Indianapolis television (*Fox News/CBS*) through IU Health Marketing **10/2020**
* **Psychological Treatment in Interdisciplinary Patient Care: Purdue University Psychiatric Pharmacology Case Conference** – invited presentation for training/continuing education **10/2020**
* **Memory and Attention Adaptation Training (MAAT): A Brief Cognitive-Behavioral Therapy for Cancer Survivors with Attention and Memory Problems: Grant consultant as clinical supervisor for psychological intervention;** Mobile Device CBT for Chemotherapy-Related Cognitive Dysfunction: A Multi-Center Randomized Controlled Trial. NCI/NIH: 1R01CA244673-0181 with Robert Ferguson, PhD, University of Pittsburgh School of Medicine and Brenna McDonald, PhD, Indiana University School of Medicine. **8/2020-present**
* **“Health Psychology Benefits Patients, Providers, Staff,” *The Pulse*, Indiana University Health team newsletter featuring provider.** [**https://medicine.iu.edu/blogs/the-beat/montero**](https://medicine.iu.edu/blogs/the-beat/montero) **8/2020**
* **“GI Psychology: Perspectives in the Pandemic,” *Clinical Gastroenterologist International (***first author): *Clin Gastroenterol Int*. 2020; 2(2): 1015. **8/2020**

[**http://www.medtextpublications.com/open-access/gi-psychology-perspectives-in-the-pandemic-514.pdf**](http://www.medtextpublications.com/open-access/gi-psychology-perspectives-in-the-pandemic-514.pdf)

* **“Eructation Treated with Single-Session CBT: A Case Illustration.”** (first author). *J Clin Psychol Med Settings*. 2020 Sep;27(3):454-458. doi: 10.1007/s10880-020-09697-6. PMID: 32140980.[**https://pubmed.ncbi.nlm.nih.gov/32140980/**](https://pubmed.ncbi.nlm.nih.gov/32140980/) **8/2020**
* **Mindful Wellness: Coping Strategies for Healthcare Staff** – invited psychoeducational presentation for practical coping during pandemic with staff at Indiana University School of Medicine  **Monthly 5/2020 to present**
* **Health Psychology Public Education Program Development: Resilience Collaborative Project -**  invited as lead psychologist to develop and edit content for IU Health Healthy Results psychoeducation module for employee (staff and provider) educational participation **5-12/2020**
* **Early Adverse Life Events and Post-Traumatic Stress Disorder in Patients Undergoing Evaluation for Disordered Defecation; Digestive Disease Week Poster Session,** Chicago, IL (co-author) **5/2020**
* **Coping Well with AIHA: Anxiety and Medical Challenge -** invited presentation for Autoimmune Hepatitis Association – Indiana Adult Support Group **5/2020**
* **Provider First Aid for the Highly Stressed Professional: YouTube/pro bono support for essential workers in high stress professions during the COVID pandemic**  **04/2020**

[**https://www.youtube.com/watch?v=E7ue\_GmTle4&feature=emb\_rel\_pause**](https://www.youtube.com/watch?v=E7ue_GmTle4&feature=emb_rel_pause)

* **Patient First Aid: Anxiolytic Breathing Exercise: YouTube/pro bono diaphragmatic breathing support for individuals experiencing anxiety/high stress**  **04/2020**

[**https://www.youtube.com/watch?v=6Ym6MEi4Cik&feature=emb\_rel\_pause**](https://www.youtube.com/watch?v=6Ym6MEi4Cik&feature=emb_rel_pause)

* **Patient First Aid: Experiential Exercise: YouTube/pro bono guided imagery meditation support for individuals experiencing anxiety/high stress 04/2020**

[**https://www.bing.com/videos/search?q=Anne+Mary+Montero&docid=608051242254142750&mid=2DCBC01667B0BA2B862C2DCBC01667B0BA2B862C&view=detail&FORM=VIRE**](https://www.bing.com/videos/search?q=Anne+Mary+Montero&docid=608051242254142750&mid=2DCBC01667B0BA2B862C2DCBC01667B0BA2B862C&view=detail&FORM=VIRE)

* **Patient First Aid: Progressive Muscle Relaxation: YouTube/pro bono support for anxiety/somatic stress effects, especially during the COVID pandemic**  **04/2020**

[**https://www.bing.com/videos/search?q=Anne+Mary+Montero&docid=608036536306765053&mid=7CE5368DF32685317B2E7CE5368DF32685317B2E&view=detail&FORM=VIRE**](https://www.bing.com/videos/search?q=Anne+Mary+Montero&docid=608036536306765053&mid=7CE5368DF32685317B2E7CE5368DF32685317B2E&view=detail&FORM=VIRE)

* **Coping during COVID-19: Psychological Strategies for General Surgery -**  invited presentation for Faculty Training at Indiana University School of Medicine, General Surgery Division, University Hospital **04/2020**
* **COVID-19 Frontline Report: Staying Centered in an Unbalanced World** – invited presentation to international medical organization, Auto-Immune Hepatitis Association, YouTube **04/2020**

[**https://www.youtube.com/watch?v=GAtYa1WXr0A**](https://www.youtube.com/watch?v=GAtYa1WXr0A)

* **“Roles and Impact of Psychologists in Interdisciplinary Gastroenterology Care.” (**First author) ***Clinical Journal of Gastroenterology and Hepatology,* (18) 2:290-293. 2/2020**

[**https://www.cghjournal.org/article/S1542-3565(19)30857-2/pdf**](https://www.cghjournal.org/article/S1542-3565(19)30857-2/pdf)

* **Invited proposals on wellness/burnout prevention: Chief Wellness Officer, Departments of General Surgery, Urogynecology, Digestive and Liver Disorders, Medical Oncology/Breast Care Center, Behavioral Health Collaborative, IU Health Administration**  **2017-2019**
* **Psychological Wellness: The Busy Gastroenterologist’s Primer in Burnout Prevention**– invited presentation for Faculty Training at Indiana University School of Medicine, Digestive and Liver Disorders Division, University Hospital **12/2019**
* **Health Psychology Public Education: Managing Seasonal Stress** – invited media interview with Indianapolis radio (99.6, 107.9 FM) through IU Health Marketing **12/2019**
* **Psychological Perspectives on Wellness and Burnout**- invited presentation to the Indiana University Health Digestive and Liver Disorders Faculty continuing medical education **9/2019**
* **Psychological Treatment of the Challenging GI Patient**- invited presentation to the General Surgery Interdisciplinary Conference of the Indiana University School of Medicine **9/2019**
* **Psychoneurogastroenterology and Foregut Motility Care**- invited presentation and panelist for “Gastric and Small Bowel Case Presentations” discussion, to the Diagnosis and Management of Foregut Motility Conference of the Indiana University School of Medicine **9/2019**
* **Chronic Pancreatitis: Psychological Approaches to Interdisciplinary Care**- invited presentation to the Living with Chronic Pancreatitis Conference, National Pancreas Foundation, Indiana Chapter-**4/2019**
* **Workplace Aggression: Managing Challenging Behaviors**- poster presentation to the 2019 Annual Conference of the American Case Management Association **4/2019**
* **Psychological Wellness: The Training Gastroenterologist’s Guide to Self-Care**– invited presentation for Fellows’ Training at Indiana University School of Medicine, Digestive and Liver Disorders Division, University Hospital **4/2019**
* **Health Psychology Public Education: Coping with Stress at the Holidays** – invited media interview with Indianapolis radio (99.6, 107.9 FM) through IU Health Speaker Series **aired 12/2018**
* **Psychological Factors in Advanced Pain Care – Risk Mitigation with Strategic Assessment** – invited talk to the Indiana State Medical Board, continuing education seminar on opioid management for physicians (available online) **10/2018**
* **Efficacy of psychological therapies in patients with functional bowel disorders with history of early adverse life events or post-traumatic stress disorder** – IU Health Values Grant Award as co-investigator, with PI Andrea Shin, MD **awarded 6/2018-present**
* **Psychological Factors in IBD** – invited presentation for the Crohn’s and Colitis Foundation annual meeting, Butler University **12/2017**
* **Psychological Wellness: Burnout Prevention and Self-Care for the Busy Physician** – invited presentation for Fellows’ Training at Indiana University School of Medicine, Digestive and Liver Disorders Division, University Hospital **11/2017**
* **Psychological Considerations in Care for Patients with Chronic Pain**– invited presentation for Indiana Attorney General’s Task Force: 8Th Annual Prescription Drug Abuse Symposium, Indianapolis

**10/2017**

* **Psychological Assessment and Treatment with Biofeedback** – invited presentation for Motility/Neurogastroenterology Group, Digestive and Liver Disorders at Indiana University School of Medicine, University Hospital **9/2017**
* **Medical/Psychological Overlap: Assessment and Care** – invited presentation for Resident Didactic in Psychiatry at Indiana University School of Medicine, Goodman Campbell Neuroscience Center **11/2016**
* **Psychological Factors in Coping with Chronic Pain –** invited presentation to Fibromyalgia & Chronic Pain/Fatigue Support Group , Hendricks Regional Health **9/2016**
* **RFA Submission: Indiana University Clinical Center for Gastroparesis Research Network**  U01 application to the National Digestive and Kidney Consortium co-investigator with PI, Dr. J Wo **2016**
* **Psychological factors in GI Medical Care –** pilot data gathering; co-investigator with Dr. T James-Stevenson  **2016**
* **Psychological Factors in Treatment of Gastroparesis** pilot data gathering; co-investigator with Dr. T Nowak, IU Health, and Dr. M Ward, Purdue University  **2016**
* **“Integrating Psychological Aspects in Assessment and Treatment of Functional GI Disorders,”** Grand Rounds presentation for IU Health School of Medicine, Division of Digestive and Liver Disorders **1/16**
* “**Women and Abdominal Pain: Interdisciplinary Approaches to Primary Care**,” presentationto the IU Health North Primary Care Conference – Focus on Women’s Health  **11/15**
* “**Psychological Aspects of Emergency Care Patient Management**,” presentation to the IU Health North Emergency Division **10/15**
* **“Alcoholism Awareness: How to Help a Friend or Loved One who is Coping with Addiction**,” article published in IU Health patient newsletter, The Strength in You ; also published as blog at IUHealth.org **8/15**
* “**Coping with Stress in the Healthcare Environment**,” presentation to the Division of Digestive and Liver Disorders – psychological approaches to coping series to RNs, Staff at University Hospital **7/15**
* “**Coping with Stress in the Healthcare Environment**,” presentation to the Division of Digestive and Liver Disorders – psychological approaches to coping series to RNs, Staff at Spring Mill Clinic **6/15**
* “**Subjective Factors and Impact on Quality of Life in Patients with Gastroparesis**,” co-author with PI/investigators Drs. Vanar, Higgins, Nowak, Wo  **Presentation, Digestive Disease Week Conference 5/15**
* “**Coping with Stress in the Workplace**,” presentation to the Division of Digestive and Liver Disorders as part of the IU Health Physicians’ Workshop speaker series **5/15**
* “**Caregiver Roles in Chronic Disease**,” presentation to the IU Health-sponsored Autoimmune Hepatitis Association Patient Support and Education Weekend Conference **5/15**

[**https://www.youtube.com/watch?v=XCFHYnsiEQ4**](https://www.youtube.com/watch?v=XCFHYnsiEQ4)

* **“Women’s Psychological Health: The Age when We Refine and Redefine,”** article published in IU Health patient publication, The Strength in You; also published as blog at IUHealth.org **5/15**

* **“Women’s Psychological Health: The ‘Responsibility’ Years,”** article published in IU Health patient newsletter, The Strength in You; also published as blog at IUHealth.org **4/15**
* **“Women’s Psychological Health: Adolescence through Early Adulthood**,” article published in IU Health patient publication, The Strength in You; also published as blog at IUHealth.org **3/15**
* “**Psychological Aspects of Pelvic Floor Dysfunction**,” presentation to the IU Health Update on Diagnosis and Management of Pelvic Floor Disorders conference **3/15**
* “**When Fear and Doubt Prevent You from Seeking Help**,” article published in IU Health patient newsletter, The Strength in You ; also published as blog at IUHealth.org **1/15**

* “**Case Conceptualization in Health Psychology**,” presentation for Indiana University/Purdue University – Indianapolis Department of Psychology faculty case conference **10/14**
* “**Psychological Approaches to the Functional GI Patient**,” presentation to the IU Health Motility Team case conference **7/14**
* “**Post-liver transplant quality of life as a function of pre-transplant MELD score and other variables**,” manuscript prepared for review; critical reviewer for PI, Dr. Paul Kwo  **2013**
* “**GI Psychology: Assessment and Treatment in Motility/Functional Disorders** ,” presentation to the IU Health Digestive and Liver Disorders Fellows Case Conference **8/13**
* “**GI Psychology: Assessment and Treatment on the Spectrum of Somatic Overlap**,” presentation to the IU Health Digestive and Liver Disorders Fellows Case Conference **4/13**
* “**Caring for the Caregiver**,” presentation to the IU Health Digestive and Liver Disorders RNs **9/12**
* “**Caring for the Caregiver-Take Two**,” presentation to the IU Health Digestive and Liver Disorders RNs **11/12**

* “**Caring for the Caregiver**,” presentation to the IU Health Digestive and Liver Disorders RNs **9/12**
* **“GI psychology: Helping patients at an intersection of distress,”** presentation to the Indiana Society of Gastroenterology Nurses and Associates, annual conference **3/10**
* “**Anxiety and pap smear follow-up: Return behavior among low-income women of multiple ethnicities**,” unpublished manuscript submitted for review; principal investigator **8/06**
* **“Follow-Up Behavior for Low-Income Women of Multiple Ethnicities, ”** presentation to the Midwest Psychological Association, Chicago; lead author **5/05**
* **“Anxiety and Parenting,”** presentation to the Notre Dame Club of Indianapolis **5/03**
* **“The Impact of Parental Marriage Models on Engaged Couples’ Own**

**Relationships,”** poster presentation to the Midwest Psychological Association, Chicago **5/00**

* **“Couple Satisfaction and Relationship Expectations as a Function of Parental**

**Marriage Models,”** presentation to the Graduate Research Symposium, University of Wisconsin-Milwaukee **4/00**

* **Psychological Factors in Coping with Chronic Pain –** presentation to Fibromyalgia & Chronic Pain/Fatigue Support Group , Hendricks Regional Health **9/2016**
* **National English- and Spanish-language focus group research** conducted for psychographic profiling of market segments focusing on health psychology, consumer behavior (CA, FL, TX, IN)
  + Researching and developing marketing strategy, including identification of target audience for health/beauty products’ consumer and health care provider segmentation
  + Design of business plan goals and language to reach this audience effectively on behalf of multinational clients, e.g.: **Roche Diagnostics, Procter & Gamble, McDonald’s 9/94-5/98**
* **“Hispanic Women of the New Millennium,”** created original psychographic research presentation

to corporate management from **Procter & Gamble, McDonald’s, Philip Morris** **1/95-5/95**

* Designed and presented bilingual research pioneering original Hispanic target market research

***TEACHING EXPERIENCE***

## Indiana University School of Medicine:

## Clinical Staff, Digestive and Liver Disorders Fellow Rotation, orientation to health psychology training 2016-2021

## Faculty Lecturer, Digestive and Liver Disorders Fellowship Training on wellness and health psychology, including somatoform disorders, factitious disorders, and disorders of brain-gut interaction 2015-2021

## Faculty Lecturer, General Surgery, wellness and burnout risk prevention during pandemic 2020

## Mentor and orienting supervisor to new psychologists – Digestive and Liver Disorder Division clinical staff additions (Drs. Sean Jones, Michelle Koselke) 2018, 2019-20

## Clinical Staff, General Surgical Fellow Rotation for Breast Surgery Division, orientation for health psychology training 2016-19

## Clinical Staff, Pre-Medical School Lecturer/Orientation for Students (ranging from high school to undergraduate), health psychology training 2016-2021

## Indiana University/Purdue University-Indianapolis:

## Invited Supervisor to Founding Clinical Health Psychology Practicum in GI/Interdisciplinary Care in partnership with doctoral candidate in clinical health psychology with Clinical Director, IUPUI (in discussion for fall, 2021)

## University of Wisconsin-Milwaukee: 8/98-5/00

## Teaching Assistant: *Personality, Psychopathology, Social Behavior, Introduction to Psychology*

Included direct lecture experience on anxiety and mood disorders; research

(Medical and psychological continuing education, see Clinical Experience, Invited Presentations)

***HONORS AND AWARDS***

* **American Psychological Association Dissertator Award,** for doctoral research on women’s gynecological health and anxiety **1/04**
* **Indiana Family Health Council (through U.S. Department of Health and Human Services**

**Title X clinic consortium) and Midwestern Professional Research & Educational**

**Services Title X Training Grant,** for doctoral research on oncological follow-up **8/02- 5/03**

* **University of Wisconsin-Milwaukee Graduate School Fellowship 2000,** for research and academic achievement **4/00**
* **University of Wisconsin-Milwaukee Graduate School Fellowship 2001,** for research and academic achievement **4/01**
* **University of Wisconsin-Milwaukee Graduate School Travel Award**, for research presentation to

the Midwest Psychological Association Conference, 2001 **4/01**

* **Phi Kappa Phi National Honor Society:** membership for field scholarship **2/00**
* **Phi Kappa Phi National Honor Society:** chapter scholarship for scholarship and service to bilingual

community-building work with assisting with development and opening of charter bilingual vocational/academic high school, Saint Procopius, in Pilsen neighborhood of Chicago  **4/00**

***PRO BONO EXPERIENCE***

## Coaching for high-stress professionals: Burnout risk prevention, with individuals in faculty/teaching, student, clergy, volunteer, and healthcare roles 2018-present

## Matthew 25 Center, Carmel Indiana: Clinical Psychologist

* Offered bilingual clinical services to low-income population **2010-2012**

## Indiana Psychological Association: Public Education Coordinator 1/08-1/09

* Created opportunities for the public to gain awareness of the benefits psychologists can provide

## Developed strategies and tactics for increasing contact with and among psychologists in the state

## University of Wisconsin-Milwaukee: Assistant to the Co-Chair of KnowledgeFest’s Milwaukee Idea Community Partnership Program 5/99-8/99

* Developed marketing direction and mission statement for University-wide community partnership outreach with business, academic liaisons in Milwaukee
* Championed diversity through didactic and research avenues being explored at the University, raised awareness community-wide regarding progress in multicultural areas of corporate interest

## Client Service Account Executive, Saint Procopius High School through Leo Burnett Advertising Agency, Chicago 2/95-5/95

## Functioned as chair of pro-bono project for advertising agency to help launch bilingual charter high school in impoverished Spanish-dominant neighborhood in Chicago

***REFERENCES:*** Contact information available upon request at amontero@iuhealth.org

**Indiana**

* Mohammed Al-Haddad, M.D. (Interim Chief, Digestive and Liver Disorders Division, Indiana University Hospital)
* Paul Kwo, M.D. (Professor of Medicine -Gastroenterology and Hepatology, Stanford University Medical Center)
* Lee McHenry (Professor of Medicine, Director of Outpatient Care – Digestive and Liver Disorders Division, Indiana University Health)
* Sean Jones, Ph.D., HSPP (Clinical Psychologist, Digestive and Liver Disorders Division, Indiana University Health)
* Corby A. Bubp, Ph.D., HSPP (Director, Brain Performance and Psychology Center)

**Kentucky**

* Dennis J. Buchholz, Ph.D., ABPP (Director and Supervisor, Psychological Services Center, KY)
* David L. Finke, Ph.D. (Director and Supervisor, Jefferson County Internship Consortium)
* Laura Fitzgibbons, Psy.D. (Primary Supervisor, Jefferson County Internship Consortium)

**Doctoral Training: Wisconsin, Massachusetts**

* Diane M. Reddy, Ph.D. (Major Professor and Department Co-Chair during campus tenure, University of Wisconsin-Milwaukee)
* Ray Fleming, Ph.D. (Research Supervisor and Department Chair during campus tenure, University of Wisconsin-Milwaukee)
* David Osmon, Ph.D. (Research Supervisor and Director of Clinical Training during campus tenure, University of Wisconsin-Milwaukee)
* David H. Barlow, Ph.D., ABPP (Community Placement Direct Clinical Supervisor, Founder and Director, Center for Anxiety and Related Disorders, Boston University)