

Emily Kaitlyn DiNatale, PhD *(she/her)*

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919-721-6696

Current Affiliation

Feb 2023-Present **Clinical Psychologist, Olympic Psychology Services, Tacoma, WA**
Responsibilities: Providing evidence-based, person-centered, and identity affirming psychotherapy to a general outpatient population with a focus on health behaviors, coping with chronic illness, PTSD, depression, anxiety, and sleep.

Licensure

Washington State Department of Health License Number PY61361904
Nov 2022-present

North Carolina Psychology Board License Number 4861
Sept 2015-present Certified Health Services Provider

Core Competencies

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| ❖ Chronic illness and pain management | ❖ Motivational Interviewing | ❖ Primary Care Mental Health Integration Model |
| ❖ Weight management intervention | ❖ Personality and psycho-diagnostic assessment | ❖ Clinical research and quality improvement research |
| ❖ Cognitive Behavioral Therapy | ❖ Insomnia, sleep apnea, and nightmare intervention | ❖ Interventions tailored for military communities |
| ❖ Cognitive Processing Therapy | ❖ Substance use intervention | ❖ Intervention for combat and military sexual trauma |
| ❖ Acceptance and Commitment Therapy | ❖ PTSD, depression, anxiety, and panic interventions | ❖ Adaptation of evidence-based therapies for brief treatment, “bedside” interventions, tele-mental health, and specialized military populations |
| ❖ Individual/ Group Therapy | ❖ Interpersonal skills training | |
| ❖ Suicide/risk assessment and intervention | ❖ Program development | |
| ❖ Population-based care | ❖ Supervision and training | |
| ❖ Measurement-based care | ❖ Patient and professional-facing psycho-education | |

Training History

Postdoctoral Fellow Primary Care Mental Health Integration (PCMHI)
Sept 2014-Sept 2015 Salem Veterans Affairs Medical Center
Salem, Virginia

Pre-Doctoral Intern Behavioral Medicine Track
Sept 2013-Sept 2014 Charlie Norwood Veterans Affairs Medical Center-
Medical College of Georgia Consortium
Augusta, Georgia

Education

Doctorate of Philosophy

Aug 2014

East Carolina University
Clinical Health Psychology

Dissertation- Predicting Treatment Success: Assessing Theoretically-Driven Constructs that Impact the Management of Type 2 Diabetes Mellitus Among African American Women in a Novel Peer-Delivered Small Changes Treatment Approach

Masters of Arts

December 2012

East Carolina University
Clinical Health Psychology

Bachelor of Arts-Psychology

May 2008

Appalachian State University
Graduated with Honors, Summa Cum Laude

Supervision and Teaching Experience

2021-2023

Supervision of American Lake VAMC Internship Training Program

Responsibilities: Designing and implementing a year-long training didactic for the pre-doctoral intern cohort to prepare them to become clinical supervisors.

2015-2023

Supervision of American Lake VAMC Interns and Postdoctoral Fellows

Responsibilities: Serving as a primary rotation supervisor and an assessment supervisor for psychology interns and postdoctoral fellows. Providing regular supervision, support, feedback, and education to trainees and creating learning opportunities based on their developmental needs and training interests. Creating a monthly "Lunch N' Learn" to teach behavioral health intervention protocols.

2016-2022

Diversity Mentor American Lake VAMC Training Program

Responsibilities: Meeting with trainees to discuss topics of diversity that impact them both in clinical and professional settings, sharing relevant literature and resources, and providing support for cultural competency goals

2010-2011

Instructor of Record, Introduction to Psychology, East Carolina University

Responsibilities: Teaching two class sections, developing lesson plans and exams, facilitating class discussion, offering extra tutoring for students, meeting weekly for supervision, and holding office hours.

2008-2009

Teaching Assistant, East Carolina University

Responsibilities: Planning homework assignments, grading class material, planning and teaching one class per semester, responding to student questions and concerns, holding office hours, and designing online classroom materials

Clinical Experience

- Mar 2017- Feb 2023 **Staff Psychologist, Primary Care Behavioral Health Integration, American Lake Veterans Affairs Medical Center (VAMC), Tacoma, WA**
Responsibilities: Providing triage, emergency support, psycho-education and short-term cognitive-behavioral therapy for Veterans in a primary care clinic in group, individual, and virtual formats. Engaging in consultation and collaboration within an interdisciplinary team. Using principles of health psychology to create programming for health behavior change. Supervising psychology interns and postdoctoral fellows, providing diversity mentorship, and leading the supervision training seminar.
- Oct 2015-Oct 2016 **Staff Psychologist, Primary Care Mental Health Integration, Augusta VAMC**
Responsibilities: Provided triage, emergency support, psycho-education and short-term cognitive-behavioral therapy for Veterans in a primary care clinic. Engaged in consultation and collaboration within an interdisciplinary team. Supervised psychology trainees and facilitated training programming.
- Sept 2014-Sept 2015 **Behavioral Medicine Psychology Postdoctoral Fellow, Salem VAMC**
Responsibilities: Provided collaborative care, therapy interventions, and consultation to support Veteran care in a variety of settings, including the Infectious Disease Clinic, Renal Clinic, Tobacco Cessation Clinic, and PCMHI. Created new treatment manuals/treatment protocols for unique medical settings. Collaborated with medical providers, engaged in shared medical appointments, and participated in didactics and medical huddles to promote interdisciplinary training objectives.
- Jul 2013-Jul 2014 **Behavioral Medicine/PCMHI Psychology Intern, Charlie Norwood VAMC**
Responsibilities: Provided consultation, psycho-diagnostic evaluations, psycho-education, and evidence-based therapy for Veterans as an embedded therapist in a variety of settings, including the HIV clinic, MS clinic, TBI clinic, spinal cord injury clinic, blind rehab, general outpatient mental health, and medical rehab. Also completed a rotation at East Central Regional Inpatient Psychiatric Hospital serving individuals with serious mental illness.
- Aug 2012-Aug 2013 **Extern, Ft. Liberty (Bragg) Special Forces Assessment and Selection**
Part-time rotation Responsibilities: Offered performance enhancing feedback to active duty soldiers undergoing selection for various Special Forces groups, utilized specially developed normative data to inform the selection process, provided briefings to cadre and selection officers regarding progress of candidates, conducted interviews, practiced cultural competence within this unique military setting, administered batteries of assessment tools in a large group-format, and analyzed data sets to better identify important selection factors.

- Aug 2011-May 2013 **Therapist, East Carolina Heart Institute**
Part-time rotation Responsibilities: Provided psycho-education and cognitive behavioral therapy for cardiac patients, taught Cardiac Comeback classes at a rehabilitation facility, and consulted within an inter-professional heart failure medical team.
- Aug 2010-May 2011 **Therapist, Greenville VA Community Based Outpatient Clinic**
Part-time rotation Responsibilities: Provided individual and group evidence-based therapy to Veterans with depression, anxiety, chronic pain, substance abuse, and insomnia
- May 2009-May 2011 **Lifestyle Coach, PASS Clinic and Take Off 4- Health Camp**
Part-time rotation Responsibilities: Planned and provided treatment sessions to promote healthy weight behaviors for obese adult and adolescent clients, created treatment materials for novel interventions, and provided peer supervision. Worked with an interdisciplinary team of medical providers, nurses, nutritionists, and exercise scientists, provided emergency response to camper needs, and developed a new system for documentation and treatment dissemination.
- Aug 2009-May 2010 **Therapist, East Carolina Psychiatry Outpatient Center**
Part-time rotation Responsibilities: Provided individual therapy to adult clients presenting with a myriad of concerns including depression, chronic pain, stress related to illness, grief, anxiety, bipolar disorder, borderline personality disorder, dependent personality disorder, posttraumatic stress disorder, specific phobias, trauma, and body dysmorphic disorder.

Committee Service

2019-2022	Diversity Committee, American Lake VAMC
2018-2021	Annual Intern Selection Committee, American Lake VAMC
2017-2023	Assessment Supervision Committee, American Lake VAMC
2015-2016	Intern Selection Committee, Charlie Norwood VAMC
2011	Ginger Stoddard Scholarship Committee, East Carolina University
2010	Comprehensive Exam Committee, East Carolina University
2009	AHEC Annual Conference Planning Committee, East Carolina University
2007	Area Coordinator Hiring Committee, Appalachian State University
2006	Resident Assistant Training Committee, Appalachian State University

Leadership and Service Experiences

2022	Girls On The Run Coach for children of service members, Dupont WA
2019-2020	Behavioral Medicine Champion, American Lake VAMC
2019-2021	Tobacco Cessation Coordinator, American Lake VAMC
2017-2020	Health Behavior Outreach, VA Public Health Events
2018, 2019	VAMC Volunteer at Tacoma Pride Events
2016	President-Elect for Augusta Area Psychological Association
2011-2012	President of Privateers Psychology Service Organization

2010-2011	REACCH Founder-Resource for Education, Advocacy and Community Clin. Health
2009-2011	Secretary, Vice President of Psychology Graduate School Organization (PGSO)
2007-2008	President, Psi Chi (National Honor Society in Psychology)
2004-2007, 2009	Founder, Co-Chair, Team Lead, Relay for Life and Colleges Against Cancer
2007-2008	Representative for Autism Society Collegiate Chapter
2007	Counselor for Victory Junction Gang Camp for children with chronic illness
2005-2008	Resident Assistant, Appalachian State University

Research Experience

- Oct 2014-Sept 2015 **Project Coordinator of Project FIRST: Focused on Identifying and Reducing Barriers to Starting Treatment for Weight Management** *Salem VA VAMC*
Study Description: Focus group designed to identify barriers to MOVE weight management treatment for Veterans with HIV
Responsibilities: Created study plan, developed materials and focus group questions, coded and analyzed focus group data using thematic analysis.
- Aug 2012-Aug 2013 **Sub-Investigator, US Army Combat Divers Course Voluntary Withdrawals Study** *JFK Special Warfare Center, Ft Liberty (Bragg)*
Study Description: A cohort study identifying factors that predict withdrawal using pre- and post- training data from the elite US Army Combat Divers course.
Responsibilities: Assisted with the selection of validated measures to assess a unique military population, developed new normative data for this population, and identified potential predictors of withdrawal.
- Aug 2011-Aug 2013 **Project Co-Coordinator of the EMPOWER! Program** *East Carolina University*
Study Description: A 2- year randomized control intervention using a culturally-tailored diabetes management program delivered by community health workers for rural African American women.
Responsibilities: Assisted with the design and implementation of the study, recruited African American women with diabetes in rural areas, helped create a culturally-tailored, theory-based treatment manual, designed training workshops, trained community health workers to deliver a diabetes treatment program, led bi-weekly supervision of four community health ambassadors, organized recruitment events, created assessment measures, supervised undergraduate data entry, and data analysis.
- Aug 2010-Jan 2011 **Investigator, Health Literacy Project** *East Carolina University*
Study Description: A three-month study assessing levels of health literacy and related health status among patients within a primary care setting
Responsibilities: Recruited and assessed participants within a primary care clinical setting, collaborated with multiple disciplines, and conducted brief psycho-education on health behaviors.

- May 2009-Aug 2011 **Investigator, Take Off 4-Health Project** *East Carolina University*
Study Description: A treatment outcome study assessing weight predictors at a residential summer camp for adolescents with obesity.
Responsibilities: Designed treatment materials, provided supportive therapy and psycho-education to adolescents with obesity in immersion treatment, designed assessment materials, provided support and guidance to camp counselors, collected and coded data, designed databases, trained and supervised research assistance in data entry and analysis using SPSS statistical software.
- Aug 2009-Dec 2010 **Principal Investigator, Step It Up ECU!** *East Carolina University*
Study Description: A 12-week study comparing 10,000 steps per day versus a relative activity goal in a physical activity pedometer intervention.
Responsibilities: Designed the study protocol and treatment materials, facilitated treatment sessions, collected and assessed data, organized focus groups, and wrote manuscript.
- Aug 2006-May 2007 **Investigator, Sibling Study-Predicting Child Eating** *Appalachian State University*
Study Description: A retrospective study assessing factors that impact child-eating outcomes among siblings.
Responsibilities: Designed a project to assess childhood eating patterns, cleaned and analyzed data, wrote and defended a professional paper.

Peer Reviewed Publications

- Munro S., **DiNatale E.**, Hartley SL., St. Jacques M., Oursler KA. (2017). Barriers and health beliefs related to weight management among Veterans with HIV. *Military Medicine*, 182(1), e1596-1602. doi: 10.7205/MILMED-D-16-00086
- Lutes, L., Cummings, D., Littlewood, K., **DiNatale, E.**, & Hambidge, B. (2017). A community health worker delivered intervention in African American women with type 2 diabetes: A 12-month randomized trial. *Obesity*, 25(8), 1329-1335. Doi 10.1002/oby.21883
- Cummings, D.M., Lutes, L.D., Littlewood, K., **DiNatale, E.K.**, Hambidge, B. (2013). Randomized trial of a community health worker delivered small-changes approach to lifestyle modification in African American women with type 2 diabetes: Design, rationale, and baseline characteristics. *Contemporary Clinical Trials*, 36(1), 147-153. doi: 10.1016/j.cct.2013.06.006
- Lutes, L.D., **DiNatale, E.K.**, Goodrich, D.E., Ronis, D.L., Gillon, L., Kirsh, S., Richardson, C.R., & Damschroder, L.J. (2013). A randomized trial of a small changes approach for weight loss in Veterans: Design, rationale, and baseline characteristics of the ASPIRE-VA trial. *Contemporary Clinical Trials*, 34(1), 161-172. doi: 10.1016/j.cct.2012.09.007
- Lutes, L.D., Daiss, S.R., Barger, S.D., Read, M., **Steinbaugh, E.K.**, & Winett, R.A. (2012). A small changes approach promotes initial and continued weight loss with a phone-based follow-up: Nine-month outcomes from ASPIRES II. *American Journal of Health Promotion*, 26(4), 235-238. doi: 10.4278/ajhp.090706-QUAN-216.

Lutes, L.D., & **Steinbaugh, E.** (2010). Theory-based models for pedometer-based physical activity programs. *Physical Therapy Reviews*, 15(3), 143-153. doi: 10.1179/1743288X10Y.0000000002

Book Chapters

Errickson, M., **DiNatale, E.**, & Lutes, L.D. (2012). Models of Behavior Change: Why knowing the theories and how to use them will make you the most effective trainer in town. *ACSM's Resources for the Personal Trainer- 4th edition*. Philadelphia, PA: Lippincott-Raven Publishers.

Lutes, L.D., & **Steinbaugh, E.K.** (2010). Obesity. *Psychology and Health*. Pasadena, CA: Salem Press.

Unpublished Treatment Manuals

Lutes, L.D., **DiNatale, E.K.** (2011). The EMPOWER! Trial. Empowering African American Women Improving Diabetes Outcomes. *EMPOWER! Treatment Manual*.

Lutes, L.D., **Steinbaugh, E.K.** (2010). Group Treatment for Weight Management using the Small Changes Approach. *PASS Clinic Weight Management Treatment Manual*.

Lutes, L.D., **Steinbaugh, E.K.** (2009). A small changes treatment program: ASPIRE-VA. A 52-week treatment program aimed promoting long-term weight loss. *ASPIRE-VA Treatment Manual*.

Lutes, L.D., **Steinbaugh, E.K.** (2009). The Small Changes Approach: ASPIRE-VA Manual for Health Coaches. *ASPIRE-VA Training Manual*.

Professional Presentations

Munro, S., **DiNatale, E.**, Hartley, S., St Jacques, M., & Oursler, K.A. (2016, September). *Barriers and health beliefs related to weight management among veterans with HIV*. Podium presentation at State of the Science Congress on Nursing Research, Washington, D.C.

Lutes, L., Littlewood, K., Solar, C., **DiNatale, E.**, Hambidge, B., & Cummings, D. (2015, April). *What really worked? Predictors of reductions in BMI and HbA1C in African American women with uncontrolled diabetes in a peer-led small changes treatment intervention (EMPOWER)*. Poster presented at Society of Behavioral Medicine, San Antonio, TX.

Munro, S., **DiNatale, E.**, Hartley, S., St Jacques, M., & Oursler, K.A. (2015, February). *Identifying barriers to weight management treatment among HIV+ Veterans*. Poster presented at Edward Via College of Osteopathic Medicine 11th Annual Research Day, Blacksburg, VA.

Lutes, L., Cummings, D., Littlewood, K., & **DiNatale, E.** (2014, April). *Impact of a community health worker delivered intervention on African American women with Type 2 diabetes: Interim results from EMPOWER!* Poster presented at Society of Behavioral Medicine, Philadelphia, PA.

- Valrie, C., Errickson, M., Crawford, Y., Lutes, L., **DiNatale, E.**, Exum, K... Collier, D. (2014, March). *The influence of insomnia symptoms and daytime sleepiness on a camp-based intervention for obese adolescents*. Poster presented at Society of Pediatric Psychology Annual Conference, Philadelphia, PA.
- DiNatale, E.**, Quinn, K., Williamson, S., Vines, L., Soto, E., Hambidge, B., Littlewood, K., Lutes, L., & Cummings, D. (2012, October). *Utilizing a small changes community-based weight loss approach for rural African American women with type 2 diabetes: Design and rationale*. Poster presented at the Fifth Annual American Diabetes Association Disparities Partnership Forum, Washington, D.C.
- King, J.L., **DiNatale, E.K.**, Lutes, L.D., Cummings, D., Ellis, T., & Maag, L. (2012, April). *Diabetes diagnosis and health literacy among a pilot sample of adults in a primary care setting*. Poster presented at the annual Society of Behavioral Medicine Annual Conference, New Orleans, LA.
- Martir, A., Smith, D.T., Carr, L.J., **DiNatale, E.**, & Lutes, L.D. (2012, April). *Participant satisfaction with online physical activity programs: When it comes to program design, where should we focus our efforts?* Poster presented at the annual Society of Behavioral Medicine Annual Conference, New Orleans, LA.
- Errickson, M. A., **Steinbaugh, E. K.**, Daiss, S., Barger, S., Winett, R., Lutes, L. (2011, April). *Can small changes result in weight loss and psychological improvement? Results from two small changes studies*. Poster presented at the Society of Behavioral Medicine annual meeting, Washington D.C.
- Martin, S., Burrell, D., Buonopane, V., **Steinbaugh, E.**, Collier, D., & Lutes, L. (2011, April). *Perceptions of a healthy weight in African-American obese adolescents: Implications for a healthy weight treatment program*. Poster presented at the annual East Carolina University's Research and Creative Achievement Week, Greenville, NC.
- Martir, A., **Steinbaugh, E.**, Errickson, M., & Lutes, L. (2011, April). *Can a small changes approach promote weight loss across 12-months: Weight and psychosocial outcomes from a pilot study*. Poster presented at the annual Society of Behavioral Medicine Annual Convention, Washington, D.C.
- Steinbaugh, E.**, Errickson, M., Lutes, L., Collier, D., Kirian, K., & Daniels, L. (2011, April). *A small changes approach to adolescent weight loss applied in a residential camp setting*. Poster presented at the Society of Behavioral Medicine Annual Convention, Washington, DC.
- Burrell, D., **Steinbaugh, E.**, Errickson, M., Collier, D., & Lutes, L.D. (2011, April). *The effects of teasing in obese adolescents as it contributes to stigma and potential impact on subsequent weight loss attempts*. Poster presented at the annual East Carolina University's Research and Creative Achievement Week, Greenville, NC.
- Errickson, M., **Steinbaugh, E.**, Lutes, L., & Collier, D. (2010, March). *A phone-based follow-up program for obese adolescents following completion of a residential weight loss program: Four month results*. Poster presented at the 7th Annual Pediatric Healthy Weight Summit, Greenville, NC.

- Errickson, M., **Steinbaugh, E.**, Lutes, L., & Collier, D. (2010, January). *A small change approach to weight loss applied in a residential camp setting*. Poster presented at the annual Society of Behavioral Medicine Annual Convention, Seattle, WA.
- Steinbaugh, E.**, Errickson, M., Lutes, L., & Raedeke, T. (2010, January). *Step it up ECU: Comparing the effectiveness of small, relative step goals versus a 10,000 steps per day goal using pedometers*. Poster presented at the annual Society of Behavioral Medicine Annual Convention, Seattle, WA.
- Perez, K., **Steinbaugh, E.**, Errickson, M., Lutes, L., & Raedeke, T. (2009, April). *Investigating the relationship between goal-type and self-efficacy in a physical activity intervention using pedometers*. Poster presented at the annual East Carolina University's Research and Creative Achievement Week, Greenville, NC.
- Steinbaugh, E.**, Errickson, M., Perez, K., Hayes, K., Raedeke, T., & Lutes, L. (2009, April). *Step it up ECU: A pedometer-based physical activity study*. Poster presented at the Inaugural AHEC Health Psychology Symposium, Greenville, NC.
- Adams, E.C. & **Steinbaugh, E.K.** (2007, April). *A weighty issue: The relationship between paternal perceptions of weight and paternal monitoring of child eating behavior*. Poster presented at the annual L. Starling Reid Undergraduate Psychology Conference, Charlottesville, VA.
- Adams, E.C. & **Steinbaugh, E.K.** (2007, April). *Parental perceptions of weight and parental monitoring of child eating behavior*. Poster presented at the annual Celebration of Student Research and Creative Endeavors, Boone, NC.
- Steinbaugh, E.K.** & Adams, E.C. (2007, April). *The relationship between maternal perception of weight and monitoring practices of child eating behavior*. Poster presented at the annual National Conference of Undergraduate Research, San Rafael, CA.
- Steinbaugh, E.K.** & Adams, E.C. (2007, April). *The relationship between parental perceptions of weight and parental monitoring of child eating behavior*. Poster presented at the annual Research in the Capital Undergraduate Research Symposium, Raleigh, NC.

Invited Talks

- DiNatale, E.K.**, Stewart, J.S., Gebregiorgis, D., Deits-Lebehn, C., & Franklin, A. (June 2022) Addressing Micro- and Macro-Aggressions in the Workplace. Seattle Veterans Affairs Medical Center-Center of Excellence. Puget Sound Veterans Affairs Medical Center, Seattle, WA.
- DiNatale, E.K.** (August 2021). Psychological Considerations for Bariatric Assessments. Puget Sound Veterans Affairs Medical Center, Tacoma, WA.
- DiNatale, E.K.** & Stewart, J.S. (May, June 2021) Addressing Implicit Bias and Microaggressions. Seattle Veterans Affairs Medical Center-Center of Excellence. Puget Sound Veterans Affairs Medical Center, Seattle, WA.

- DiNatale, E.K.** (February 2021). Broken Bootstraps: Diversity Within Socioeconomic Status (SES) and Its Impact on Health. Puget Sound Veterans Affairs Medical Center, Tacoma, WA.
- DiNatale, E.K.** & Fox, D. (Aug 2020). Death by a thousand Cuts: Implicit Bias, Microaggressions, and Our Work. Presented to Primary Care Providers. Puget Sound Veterans Affairs Medical Center, Tacoma, WA.
- DiNatale, E.K.**, Fox, D., & Brodt, M. (July 2020). Equity in Healthcare Settings. Presented to Pharmacy Residents. Puget Sound Veterans Affairs Medical Center, Tacoma, WA.
- Reas, H., Samlan, H., Overstreet, S., **DiNatale, E.K.**, Correia, D., & Holtzman, C. (May 2020). Impact of the Socio-Political Climate on Mental Health. Puget Sound Veterans Affairs Medical Center, Tacoma, WA.
- DiNatale, E.K.** (Nov 2019) Diversity and Socioeconomic Status. Puget Sound Veterans Affairs Medical Center, Tacoma, WA.
- DiNatale, E.K.** & Bailey, R. (April 2019). Motivational Interviewing and Tobacco Cessation. Puget Sound Veterans Affairs Medical Center, Tacoma, WA.
- DiNatale, E.K.** (Dec 2018). Socioeconomic Status and Class. Puget Sound Veterans Affairs Medical Center, Tacoma, WA.
- DiNatale, E.K.** (July 2018). Sleep and Parkinson's Disease. Puget Sound Veterans Affairs Medical Center, Tacoma, WA.
- DiNatale, E.K.** (June 2017). Assessing Sexual Orientation and Gender Identity: Provider and Veteran Beliefs and Practices. Puget Sound Veterans Affairs Medical Center, Tacoma, WA.
- DiNatale, E.K.** (June, 2016). Psychological Considerations Regarding Amputation and Prosthetic Use. Physical Therapy Department, Augusta University, Augusta, GA.
- DiNatale, E.K.** (July, 2015). ASPIRE-VA: Supporting Weight Management Among Veterans in the VAMC. Salem Veterans Administration Medical Center, Salem, VA.
- DiNatale, E.K.** (September, 2014). Chancellor's Scholarship Annual Banquet Key Note Speaker. Honors Department, Appalachian State University, Boone, NC.
- Bruno, R., **DiNatale, E.K.**, & Kisaalita, N. (May, 2014). Motivational Interviewing Training for Primary Care Providers. Charlie Norwood VAMC, Augusta, GA.
- DiNatale, E.K.** (April, 2012). Obesity interventions. Department of Kinesiology, East Carolina University, Greenville, NC.

Honors, Scholarships, and Awards

- 2018, 2020 Customer Service Award, *American Lake VAMC, Primary Care Behavioral Health*
- 2019 Diversity-Equity-Inclusion Award, *American Lake VAMC, Primary Care Behavioral Health*
- 2014 Chancellor's Scholars Alumni Award, *Appalachian State University, Honors Dept*
- 2013 Commander's Award For Public Service, *Special Warfare Training Center, Ft Liberty*
- 2012 Miller Moore Merit Scholarship, *East Carolina University, Psychology Department*
- 2010 Excellence in Research, *East Carolina University, Psychology Department*
- 2008 University Award of Excellence, GPA = 4.0
 Outstanding Senior Psychology Award
 Chancellor Level Community Development Curriculum Award
Appalachian State University
- 2007 Leigh Lane Edward's Service Award
 Marshal for the College of Arts and Sciences, GPA = 4.0
 Chancellor Level Community Development Curriculum Award
Appalachian State University
- 2006 Leigh Lane Edward's Service Award
 Chancellor Level Community Development Curriculum Award
Appalachian State University
- 2004 Chancellor's Scholarship, 4-year merit scholarship
 Arts and Sciences College 4-year merit scholarship
 Howard C. Byrd Scholarship 4-year merit award for students with financial need
Appalachian State University