

Kayla Carrigan Balcom, Ph.D.

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EDUCATION

Licensed Psychologist

State of Texas
40531

Doctor of Philosophy, Counseling Psychology, APA-Accredited Internship

Completion: August 2018

University of Miami, Coral Gables, FL
University of Miami Counseling Center

Doctor of Philosophy, Counseling Psychology, Sport & Exercise Psychology Concentration APA-Accredited

Completion: August 2018

University of North Texas, Denton, TX

Dissertation: "A Longitudinal Examination of Self-Weighing Behaviors: Relation to Retired Female Athletes Disordered Eating Attitudes and Behaviors"

Master of Science, Counseling Psychology, Sport & Exercise Psychology Concentration APA-Accredited

Completion: May 2015

University of North Texas, Denton, TX

Thesis: "To Weigh or not to Weigh: Relation to Disordered Eating Attitudes and Behaviors Amongst Female Collegiate Athletes"

Bachelor of Arts, Psychology, Coaching Science Minor

Graduated: May 2012

University of Delaware, Newark, DE

Summa cum laude, With Distinction in Psychology

JOB EXPERIENCE

University of North Texas, *Clinical Assistant Professor*

Denton, TX (August 2024 – Present)

- **Administrative:**

- Serve as Assistant Director of the Center for Sport Psychology & Athlete Mental Health.
- Create and oversee marketing efforts for CSAMH to the broader DFW metroplex to increase revenue generating clinical services of the center.
- Network and liaison with organizations in the DFW community to create opportunities for new contracts and applied and research opportunities for UNT counseling psychology graduate students.
- Oversee a 10-hour TA position focused on marketing efforts and implementation.

- **Teaching**

- Instructor of record for graduate *Advanced Practicum* (Fall 2024, Spring 2025, Summer 2025, Fall 2025, Spring 2026).
- Instructor of record for graduate *Sport Psychology Practicum* (Fall 2024, Spring 2025, Fall 2025, Spring 2026)
- Instructor of record for undergraduate *History and Systems* (Spring 2025)
- Instructor of record for undergraduate *General Psychology* (Spring 2026)
- Prepare course schedules and create individual assignments.
- Facilitate class discussion.
- Provide group and individual clinical supervision to doctoral level psychology trainees.
- Provide crisis assessment support and resources and oversight.
- **Committee Membership/Service:**
 - Psychology Clinic Executive Committee – PCEC (Fall 2024 – Present)
 - Space Committee (Elected Spring 2026)
 - Sport Performance Team (Fall 2024 – Present)
 - American Athletic Conference (Fall 2024 – Present)
 - Clinical/Counseling Sport Psychology Association Training Subcommittee
 - Clinical/Counseling Sport Psychology Association Director Subcommittee

University of North Texas, *Adjunct Professor*
Denton, TX (August 2022 – May 2024)

- **Teaching:**
 - Instructor of record for graduate *Sport Psychology Practicum* (Fall 2022, Spring 2023, Fall 2023, Spring 2024)
 - Provide individual clinical supervision to doctoral level psychology trainees focusing on sport and performance psychology.

Georgia Institute of Technology, *Director of Sport Psychology*
Atlanta, GA (November 2019 – August 2024)

- **Administrative:**
 - Provide weekly supervision for all Sport Psychology Department employees.
 - Help set and review employee goals and ensure continued effectiveness of care.
 - Review and approve all spending and maintain budget for department.
 - Engage in regular department meetings and meetings with GTAA staff and leadership as needed to monitor functioning of department and implement any necessary changes.
 - Add, create, maintain, and organize department policies and procedures. Regularly review operations to ensure efficacy.
 - Create robust community provider referral network.
 - Oversee undergraduate intern and ensure completion of job duties and responsibilities.
 - Network with community providers, medical and mental health professionals, and community resources and systems to maintain relationships to establish care options.
 - Regularly participate in speaking engagements at various conferences.
- **Clinical:**

- Engage in regular consultation with coaches, sports medicine staff, physicians, necessary institute personnel, community providers, and others as needed to ensure quality and continuity of care.
- Maintain licensure and comply with all NCAA, Conference, Department, and Institutional rules and regulations. Comply with APA ethical and legal guidelines for profession.
- Provide evidence-based care in the form of therapy, mental health treatment and prevention to individual student-athletes. Engage in treatment planning and clinical interpretation/diagnoses as needed.
- Provide crisis management and education, triage, and walk-in emergency services during main business hours M-F.
- Maintain appropriate clinical records in accordance with GA laws and APA ethics.
- Provide performance and mental skills training services to individual student-athletes, teams, and coaches. Provide psychoeducational programs and workshops related to mental health and wellness for student-athletes and members of GTAA.
- Provide QPR training across the athletic department to student-athletes, coaches, faculty, and staff of sports medicine and athletic department.
- Provide MHFA training across the athletic department to student-athletes, coaches, faculty, and staff of sports medicine and athletic department.
- Create and implement protocol and policy for the Sport Psychology Department at GTAA for efficiency and consistency.
- Create and develop new employment opportunities within GT Athletics and manage and oversee the hiring process.

Balcom Psychological Services, *Owner and Operator*

Atlanta, GA (August 2021 – present)

- **Administrative:**
 - Create, manage, and maintain all appropriate business licensure and state requirements.
 - Engage in marketing strategies to increase client caseload, workshop and education opportunities, and speaking engagements.
- **Clinical:**
 - Provide individual therapy services to the Atlanta metro and surrounding areas.
 - Provide sport performance services to individual clients and teams in the Atlanta area.
 - Act as primary referral and psychoeducational consultant for the Atlanta Track Club.
 - Provide clinical supervision for graduate students in the UNT Counseling Psychology Program, Sport Cluster.
 - Provide clinical supervision for a UGA graduate student in Sport Psychology completing a practicum at Oglethorpe University.
 - Provide clinical supervision for a Master's level student at Mercer University.

University of Tulsa Counseling and Psychological Services, *Assistant Director*

Tulsa, OK (July 2019 – November 2019)

- **Administrative:**
 - Create, edit, and disseminate policy and procedure manual and personnel manual for use at the counseling center.

- Create and schedule pre-doctoral internship and post-doctoral fellowship trainings, didactics, supervision, and seminars.
- Monitor the clinic waitlist for services and make case assignments to clinicians.
- Track expenses and organize CPSC financial binder.
- Supervise the office administration GA position and delegate tasks related to administrative responsibilities.
- Create and disseminate information related to referral resources in the community.
- Populate an online referral resources management system and monitor its use and accuracy.
- Edit and maintain accuracy and information on the CPSC website
- Communicate with various departments across campus regarding CPSC events and partnerships.
- **Clinical:**
 - Supervise a predoctoral intern during an APA-accredited internship training year.
 - Act as an onsite supervisor for an LPC staff counselor seeking licensure in the state of Oklahoma.
 - Maintain a steady caseload of individual clients and group therapy clients.
 - Partnership with SHAPE on TU campus to develop programming and mental health advocacy for student athletes.
 - Active participation in the development and dissemination of outreach programming, training, and development across departments and campus for wider publicity of counseling center and education for students, staff, and faculty.
 - Trained QPR instructor offering various trainings for the TU community.
- **Committee Membership**
 - SHAPE
 - The mission of SHAPE is to provide psychological skills training to promote optimal performance for student-athletes in the classroom and in sport.
 - Act as the mental health consultant, representing Counseling and Psychological Services for student-athletes.
 - Campus Access Committee
 - The mission of the CAC is to promote a healthy, welcoming, and accessible environment to all TU students.
 - Represent Counseling and Psychological Services Center to ensure that students with disabilities are represented on campus and have equal opportunity and access to all support services, resources, and facilities across campus.
 - Oklahoma Psychological Association Board
 - Operate as Secretary to the Board.
 - Create relationships and liaisons between practicing clinicians in the state of Oklahoma.

University of Miami Counseling Center, *Doctoral Intern*

Miami, FL (August 2017 – Present)

Supervisors: Rene Monteagudo, Ph.D.; Audrey Cleary, Ph.D.; Edward Rappaport, Ph.D., ABPP; Patricia Arena, Ph.D.; Addys Karunaratne, Ph.D.

- **Clinical:**

- Worked with UM athletic department and the University of Miami Health Services to coordinate care for UM athletes struggling with eating and body image.
- Provided brief individual psychotherapy, group screenings, intake assessments, triage sessions, psychometric testing, and vocational counseling.
- Co-facilitated a process-oriented psychotherapy group for graduate students with a focus on relationships, intimacy, boundaries, and self-awareness.
- Engaged in biweekly Psychotherapy Process Seminars with a licensed psychoanalyst directed at exploring the process of psychotherapy.
- Developed a “Stress and Performance” psychotherapy process group directed at exploring stress and anxiety with individuals who identify as performers (e.g. music students, theater students, athletes, etc.)
- **Supervision:**
 - Received 3 hours of weekly supervision with licensed psychologist.
 - Provided weekly supervision of a fourth year graduate student.
 - Participated in weekly group supervision of supervision with a licensed psychoanalyst.
 - Engaged in weekly group case conference with other licensed professionals
- **Athletics Liaison Relationship**
 - During Summer 2018, provided weekly consultative services to the Student Development department within the University of Miami Athletic Department.
 - Provided education and information regarding mental health care to the UM Student Athlete Leadership SAAC Committee at the annual retreat.
 - Provided consultative services to student athletes focusing on performance enhancement strategies, mental health care, relationship building, and communication.
- **Outreach:**
 - Collaborated with University of Miami Athletics to introduce Title IX topics of Sexual Assault and violence to student-athletes on campus including all UM athletic teams.
 - Expert panelist discussing body image, self-weighting behavior, disordered eating, and pathogenic weight management behavior at SMASHtalk; an event hosted by UM and the Oliver-Pyatt Centers for Eating Disorders aimed at improving body image and improving hope.
 - Created and disseminated outreach presentations aimed at furthering education of eating disorder risk, symptoms, and available treatment and recovery options to students.
 - Assisted in the enhancement of the relationship between Counseling and Testing Services and the University of Miami Health and Wellness Center to provide collaboration on Eating Disorder Awareness activities.
 - Utilized the established relationship between Counseling and Testing Services and University of Miami Health and Wellness Center to provide training to group exercise instructors and personal trainers on assessment and risk of disordered eating among recreation center attendees.
 - Conducted outreach programming for students on stress management and reduction, campus resources, and mental health awareness.

- Collaborated in the creation and dissemination of information regarding healthy relationships, conflict management, and communication to the University of Miami Housing and Residence Life personnel and students.
- Participated in Depression Screening Day with a focus on allowing University of Miami students an opportunity to take a depression symptomatology screener and learn information about mental health resources available at UM.
- Conducted an interview with a member of the University of Miami student body regarding topics of anxiety in college students and mental health resources and coping strategies.

Department of Housing and Residence Life, *Housing Counselor*

University of North Texas, Denton, TX (August 2015 – May 2017)

Supervisors: Arlene Rivero, Ph.D., Bethany Evans, Psy.D., Pamela Flint, Ph.D., Steffanie Grossman, Ph.D., Enedelia Saucedo, Ph.D.

- **Clinical:**

- Developed and co-facilitated two semesters of a process-oriented psychotherapy group with a focus on eating disorder symptoms and body image concerns.
- Organized the Body Project, a six-session psychoeducation group designed to decrease body dissatisfaction created by Dr. Eric Stice.
- Represented Counseling and Testing Services as a doctoral-level clinician during the development and organization of a multidisciplinary eating disorder treatment team.
- Served as on-call crisis counselor for the UNT housing department approximately 30 weekdays and 4 weekends per semester in which in-person crisis assessment and intervention services were provided after-hours.
- Conducted trainings regarding signs of crisis for Housing staff.
- Provided brief individual psychotherapy, intake assessments, and vocational counseling.
- Developed a semester-long process-oriented Netflix assisted group related to positive psychology techniques and resiliency.

- **Supervision:**

- Received 2-3 hours of weekly supervision with licensed psychologist.
- Provided peer supervision to second year practicum students on vocational assessments and feedback.
- Received supervision of supervision for my role as a peer supervisor.

- **Outreach:**

- Created and disseminated outreach presentations aimed at furthering education of eating disorder risk, symptoms, and available treatment and recovery options to students.
- Utilized the established relationship between Counseling and Testing Services and UNT Recreation Center to provide training to group exercise instructors and personal trainers on assessment and risk of disordered eating among recreation center attendees.
- Collaborated with multiple campus and community offices to deliver 14 events for the university's first large-scale National Eating Disorder Awareness Week.
- Took on leading roles with the development and delivery of UNT's first NEDA sponsored Eating Disorder Walk.

- Collaborated with UNT Collegiate Peer Recovery (CPR) to most effectively deliver eating disorder intervention and prevention to college students.

The Center for Sport Psychology and Performance Excellence, *Sport Psychology Consultant*
University of North Texas, Denton, TX (August 2012 – August 2017)

Supervisors: Trent Petrie, Ph.D., Matt Atkins, Ph.D.

- **Clinical:**

- Provided performance consultation to Division I-A collegiate student athletes.
- Consulted with UNT athletic teams during practice and game performance situations.
- Provided performance enhancement and therapy services to individual athletes.
- Provided support and consultation to Division I-A team coaches, trainers, and athletes.
- Traveled with UNT athletic teams to competitions and provided on-site interventions.
- Provided individual performance enhancement consultation to individual child and adolescent athletes from the larger DFW community.
- Organized and presented a research-based mindfulness intervention to help female NCAA college athletes manage body image concerns.
- Developed a 7 week program for use by NCAA college athletes (“The Champion MindsetTM”) and delivered information to UNT Athletics.

- **Supervision:**

- Received 2 hours of weekly group supervision with licensed psychologist, and 1 hour of weekly individual supervision with licensed psychologist.
- Provided supervision and training for the development of a “junior” consultant.

RESEARCH EXPERIENCE

Department of Psychology, Researcher – Dissertation

University of North Texas, Denton, TX (Defense Completed: October 26, 2016)

Supervisor: Trent Petrie, Ph.D.

- Examine the relationship between self-weighing behaviors and disordered eating attitudes and behaviors of former female collegiate athletes with a sample of 218 former Division I swimmers, divers, and gymnasts.

Department of Psychology, Researcher – Thesis

University of North Texas, Denton, TX

Supervisor: Trent Petrie, Ph.D.

- Examine the relationship between disordered eating outcomes and self-weighing behaviors of female collegiate athletes with a sample of 414 Division I swimmers, divers, and gymnasts
- Examine the relationship between mandatory team weigh-ins and disordered eating attitudes and behaviors.

PRESENTATIONS AND PUBLICATIONS

Balcom, K.C., The Voice in Your Head, *Oral Presentation*, Emory Running Medicine Symposium, Atlanta, Georgia 2023

Balcom, K.C., How a College Athlete can Cope through Injury, *Oral Presentation*, Emory Sports Medicine Symposium, Atlanta, Georgia 2023

- Balcom, K.C.**, Finding your Balance, *Blog Contribution*, Fast Bananas Blog, Atlanta, Georgia 2023
- Balcom, K.C.**, The Mental Side of Performance, *Podcast Interview*, More than Miles Podcast, Atlanta, Georgia 2023
- Balcom, K.C.**, Pop-culture's Influence on Self-harm and Physical Ramifications on an Athlete, *Oral Presentation*, ACC Wellness Summit, Durham, North Carolina 2023
- Balcom, K.C.**, More than a Checkbox, *Keynote Address* – Emory Running Medicine Symposium, Atlanta, Georgia 2022
- Balcom, K.C.**, More than a Checkbox, *Oral Presentation*, Emory Women in Sports Conference, Atlanta, Georgia 2022
- Balcom, K.C.**, Sport Psychology Principles and Strategies, *Oral Presentation Series*, Atlanta Track Club, Atlanta, Georgia 2022
- Balcom, K.C.**, Vulnerability is not a Weakness, *Podcast Interview*, More than Miles Podcast, Atlanta, Georgia 2022
- Balcom, K.C.**, *Interview*, Tech Talks with Andy Demetra – Georgia Tech 2020
- Balcom, K.C.**, Self-Weighing in Retired Female Athletes: A Longitudinal Analysis, *Poster and Oral Presentation* – Division 47 at the 126th annual convention of the American Psychological Association, San Francisco, California 2018
- Balcom, K.C.**, *Oral Presentation*, UM Student Athlete SAAC Retreat, Mental Health, Miami, FL, 2018
- Carrigan, K.**, *Oral Presentation*, UNT Speaks Out series, Body Image, Denton, Texas, 2016
- Carrigan, K.**, & Petrie, T. Weighing at Seasons' End and Female Collegiate Athletes' Well-Being, *Poster presentation* – Division 47 at the 124th annual convention of the American Psychological Association, Denver, Colorado, 2016
- Carrigan, K.**, & Petrie, T., & Anderson, C., (2015). To weigh or not to weigh: relation to disordered eating attitudes and behaviors amongst female collegiate athletes, *Journal of Sport & Exercise Psychology*, 37(6), 659-665.
- Carrigan, K.**, & Petrie, T. To Weigh or Not to Weigh: Relation to Disordered Eating Attitudes and Behaviors Amongst Female Collegiate Athletes, *Poster presentation* – Division 17 at the 123rd annual convention of the American Psychological Association, Toronto, Canada, 2015
- Carrigan, K.**, & Petrie, T. To Weigh or Not to Weigh: Relation to Disordered Eating Attitudes and Behaviors Amongst Female Collegiate Athletes, *Thesis Award Recipient and Poster Presentation* – Division 47 at the 123rd annual convention of the American Psychological Association, Toronto, Canada, 2015

Carrigan, K., Miller, C., Moles, T, & Petrie, T. Developing the Mindset of a Champion, *Workshop Presentation* at the 2014 annual conference of the Association of Applied Sport Psychology, Las Vegas, NV, 2014.

Carrigan, K., Anderson, C., & Petrie, T. To Weigh or Not to Weigh. *Poster presentation* – Division 47 at the 121st annual convention of the American Psychological Association, Honolulu, HI. 2013

PROFESSIONAL CERTIFICATIONS

Licensed Psychologist (TX 40531)

July 2020

- Mental Health First Aid

Spring, 2016

- Psychological First Aid Training Certification
- Prolonged Exposure Training Certification
- Motivational Interviewing Training Certification

Fall, 2014

- Question, Persuade, Refer (QPR) Suicide Prevention Training Certification

PROFESSIONAL MEMBERSHIPS

American Psychological Association, *Member*

Division 47, (Sport and Exercise Psychology), 2012 – present

Division 17, (Counseling Psychology), 2012 – present

Association for Applied Sport Psychology, *Member*, 2012 – present

Clinical/Counseling Sport Psychology Association, *Member*, 2023 – present

Training Subcommittee, 2024 – present

Director Committee, 2024 – present

PSYPACT certification, *Member*, 2021 - present