

# **Heather Hower, MSW, LICSW, QCSW, ACSW**

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## **Education:**

MSW: Social Welfare, *University of California, Berkeley*, Berkeley, CA, May 2004, Overall GPA: 3.9/4  
BA: Psychology, *Brown University*, Providence, RI, May 1999, Overall GPA: 3.8/4

## **Credentials and Professional Affiliations:**

Associate Member, The Royal Society of Medicine, 2021-Present (00723278)  
Faculty Member, University of California San Diego, School of Medicine, 2019-Present  
Faculty Member, Brown University, School of Public Health, 2016-Present  
Faculty Member, Academy for Eating Disorders (AED), 2017-Present  
Associate, International Association of Eating Disorders Professionals (IAEDP), 2017-Present  
Accredited Clinical Social Worker (ACSW) Credential, 2010-Present  
Qualified Clinical Social Worker (QCSW) Credential, 2009-Present  
Licensed Independent Clinical Social Worker, Rhode Island, October 2006-Present (ISW01800)  
Licensed Clinical Social Worker, Rhode Island, August 2004-October 2006 (CSW00842)  
Member, National Association of Social Workers (NASW), 2002-Present (886390136)  
Member, American Psychological Association (APA), 1998-Present (8519-3111)

## **Honors and Awards:**

Academy for Eating Disorders (AED) Special Interest Group (SIG) Oversight Committee (SOC) Member, 2020-Present  
AED Professionals and Recovery SIG Member, 2019-Present  
AED Lived Experience Advocacy and Engagement (LEAE) SIG Member, 2021-2022  
AED Experts by Experience (ExE) Committee Member, 2019-2021  
International Association of Eating Disorder Professionals (IAEDP) Conference Reviewer, 2018-Present  
National Eating Disorders Association (NEDA) Board Member, Conference Committee Co-Chair, Research Advisory Council, Development Committee, Feeding Hope Fund Contributor, 2013-2021  
Brown University Development Committee Green Campaign Coordinator, 2007-2017  
City Year Rhode Island Board and Development Committee Co-Chair, 2007-2017  
Brown University President's Staff Advisory Council Chair, 2010-2012  
Brown University Division of Biology and Medicine CORE Team, 2008-2009  
Brown University Managing for Excellence Award, 2007  
University of California, Berkeley, Social Work Research Award, 2004  
University of California, Berkeley, Social Work Child Clinical Practice Award, 2003-2004  
Sigma Xi National Scientific Research Honor Society, 1999  
Brown University Clinical Psychology Professor Emeritus Award, 1999

## **Grant Panels Peer Reviewer:**

1. Department of Defense (DOD) Congressionally Directed Medical Research Program (CDMRP) Peer Review Medical Research Program (PRMRP), Discovery Award, Clinical Trial Award, Investigator Initiated/Translational Research Award, Grant Reviewer, 2017-Present
2. National Eating Disorders Association (NEDA) Feeding Hope Fund (FHF), Early Career Investigator Award, Prevention Award, Innovative Treatment Award, Grant Reviewer, 2016-2021

## **Conference Proposals Peer Reviewer:**

1. Academy for Eating Disorders (AED), Proposal Reviewer, 2021-Present
2. International Association of Eating Disorders Professionals (IAEDP), Proposal Reviewer, 2018-Present
3. National Eating Disorders Association (NEDA), Conference Committee Co-Chair, 2013-2021

### **Journal Manuscripts Peer Reviewer:**

1. International Journal of Environmental Research and Public Health (IJERPH), 2022-Present
2. International Journal of Molecular Science (IJMS), 2022-Present
3. Heliyon, 2022-Present
4. Nutrients, 2022-Present
5. Viruses, 2022-Present
6. Behavioural Brain Research (BBR), Manuscript Reviewer, 2021-Present
7. Eating Behaviors (EB), Manuscript Reviewer, 2021-Present
8. Brain Sciences (brainsci), Manuscript Reviewer, 2021-Present
9. Journal of Personalized Medicine (JPM), Manuscript Reviewer, 2021-Present
10. Journal of Clinical Medicine (JCM), Manuscript Reviewer, 2021-Present
11. Journal of Nervous and Mental Disease (JNMD), Manuscript Reviewer, 2021-Present
12. BioMed Central (BMC) Psychiatry, Manuscript Reviewer, 2021-Present
13. European Eating Disorders Review (EEDR), Manuscript Reviewer, 2020-Present
14. Clinical Psychology Review (CPR), Manuscript Reviewer, 2019-Present
15. International Journal of Eating Disorders (IJED), Manuscript Reviewer, 2018-Present
16. Journal of Affective Disorders (JAD), Manuscript Reviewer, 2018-Present

### **Panel and Symposium Presentations (Chronological Order):**

1. **Hower, H.**, Diler, R.S., Andreu Pascual, M., Fiedorowicz, J.G., Goldstein, T.R., Miklowitz, D.J. (2022, October). *Longitudinal Factors Associated with Improvement and Risk in Youths and Young Adults with Bipolar Spectrum Disorders*. Symposium presented at the 69<sup>th</sup> Annual Meeting of the American Academy of Child and Adolescent Psychiatry (AACAP), Toronto, Canada.
2. **Hower, H.**, Calvert, S., Bennett, E., Piekunka, K., Wilson, N. (2022, June-Online due to COVID19). *Embracing Change and Extending Reach: A Collaboration with Lived Experience Perspectives for Improved Eating Disorder Outcomes*. Panel presented at the International Conference on Eating Disorders (ICED), Academy for Eating Disorders (AED).
3. **Hower, H.**, Calvert, S., Bennett, E., Brockman, F., Ayuzo-del-Valle, N. (2022, June-Online due to COVID19). *Embracing Change and Extending Reach: Introduction to the Lived Experience Professionals (LEP) SIG for Cultivating Advocacy Skills*. Panel presented at the International Conference on Eating Disorders (ICED), Academy for Eating Disorders (AED).
4. **Hower, H.**, Cueto, J., Donaldson, D., Tortolani, C. (2022, March-Online due to COVID19). *Eating Disorder Training in Triple Board Residency: A Case Study of Clinical Experience, Didactics, and Opportunities for Further Training*. Panel presented at the International Association of Eating Disorder Professionals (IAEDP).
5. **Hower, H.**, Kaye, W., Towne, T., Runfola, C., Safer, D. (2021, October-Online due to COVID19). *New Treatment Modalities Aimed at Expanding Access*. Panel presented at the National Eating Disorders Association (NEDA) Virtual Fall Conference.
6. **Hower, H.**, Gorell, S., Saigal, M., Somehara, F., Copeland, M. (2021, June-Online due to COVID19). *The Role of Lack of Diversity, Equity, and Inclusion in Ballet: Learning from the Past and Present to Shape the Future of Eating Disorder Prevention and Treatment in Dancers*. Panel presented at the International Conference on Eating Disorders (ICED), Academy for Eating Disorders (AED).

7. **Hower, H.**, Kaye, W., Wierenga, C., Lauro, B. (2021, June- Online due to COVID19). *Using Technology to Improve Understanding and Therapy Training for Eating Disorders*. Panel presented at the International Conference on Eating Disorders (ICED), Academy for Eating Disorders (AED).
8. **Hower, H.**, Krasna, J., Lamarre, A., Baker, S., Bennett, E. (2021, June-Online due to COVID19). *The Clash Between Research and Lived Experiences with Eating Disorders*. Panel presented at the International Conference on Eating Disorders (ICED), Academy for Eating Disorders (AED).
9. **Hower, H.**, Donaldson, D., Tortolani, C., DerMarderosian, D (2021, April-Online due to COVID19). *"It Takes a Village:" Collaborative Care of Eating Disorders*. Panel presented at the Bradley Hospital Conference Series-Spring 2021, East Providence, RI.
10. **Hower, H.**, Frazier, E., Hafeman, D., Birmaher, B., Youngstrom, E. (2020, October-Online due to COVID19). *Predictors of Course and Outcomes in Youths and Young Adults with Bipolar Spectrum Disorders*. Symposium presented at the 67<sup>th</sup> Annual Meeting of the American Academy of Child and Adolescent Psychiatry (AACAP).
11. Kenny, T., LaMarre, A., **Hower, H.**, Harrop, E., Bachner-Melman, R. (2020, June-Online due to COVID19). *Taking a Different Perspective on Recovery*. Panel presented at the International Conference on Eating Disorders (ICED), Academy for Eating Disorders (AED).
12. Kaye, W.H., **Hower, H.**, Pryor, T., Lampert, J., Turner, C. (2020, June-Online due to COVID19). *Eating Disorder Traits as Strengths in Recovery*. Panel presented at the International Conference on Eating Disorders (ICED), Academy for Eating Disorders (AED).
13. **Hower, H.**, Kaye, W., Frank, G., Berner, L., Rhee, K. (2020, February). New Insights into Eating Disorder Treatment: *Eating Disorder Traits as Strengths*. Plenary presented at the University of California at San Diego (UCSD) 4th Annual Eating Disorders Conference, San Diego, CA.
14. Hafeman, D., Merranko, J., Goldstein, B.I., Sakolsky, D.J., Diler, R.S., Axelson, D., **Hower, H.**, Birmaher, B. (2019, October). *Person-Level Prediction of Progression Along the Bipolar Trajectory*. Symposium presented at the 66<sup>th</sup> Annual Meeting of the American Academy of Child and Adolescent Psychiatry (AACAP), Chicago, IL.
15. Parks, E., **Hower, H.**, Cortese, M., Arnold, C., Sabey, L. (2019, March). *Start Spreading the News-But How? A workshop on creating a cultural dialogue*. Panel presented at the International Conference on Eating Disorders (ICED), Academy for Eating Disorders (AED), New York, NY.
16. **Hower, H.**, Bermudez, O., Setliff, S. (2019, March). *Eating Disorders in 2019*. Panel presented at the National Eating Disorders Association (NEDA) Conference, Houston, TX.
17. Kaye, W. **Hower, H.**, Frank, G. (2018, April). *From Clinical Practice to Brain Research and Back-Anxiety in the Assessment and Treatment of Eating Disorders*. Panel presented at the International Conference on Eating Disorders (ICED), Academy for Eating Disorders (AED), Chicago, IL.
18. Hunt, J., Yen, S., & **Hower, H.** (2017, October). *Resolving Controversies in Pediatric Bipolar Disorder: Lessons Learned from the Course and Outcome of Bipolar Youth (COBY) Study*. Panel presented at the Child and Adolescent Psychiatry Grand Rounds, Bradley Hospital, Warren Alpert Medical School at Brown University, Providence, RI.

19. Johnson, C., **Hower, H.**, Wonderlich, S., Sacco, B. (2016, October). *Eating Disorders Treatment: Levels of Care*. Panel presented at the 13<sup>th</sup> Annual Meeting of the National Eating Disorders Association (NEDA), Chicago, IL.
20. Yen, S., Stout, R., **Hower, H.**, Killam, M., Hunt, J., Weinstock, L., Topor, D., Axelson, D., Gill, M.K., Goldstein, B., Goldstein, T., Ryan, N., Birmaher, B., Strober, M., & Keller, M.B. (2013, October). *Effects of Comorbid Disorders on the Longitudinal Course of Children and Adolescents with Bipolar Disorder*. Symposium presented at the 60<sup>th</sup> Annual Meeting of the American Academy of Child and Adolescent Psychiatry (AACAP), Orlando, FL.
21. Birmaher, B., Goldstein, T., Axelson, D., Goldstein, B., Liao, F., Gill, M.K., Ryan, N., Yen, S., Hunt, J., **Hower, H.**, Keller, M.B., & Strober, M. (2013, October). *Prevalence and Factors Associated with Long-Term Remission in Youth with Bipolar Spectrum Disorders*. Symposium presented at the 60<sup>th</sup> Annual Meeting of the American Academy of Child and Adolescent Psychiatry (AACAP), Orlando, FL.
22. **Hower, H.** (2010, October). *Neuropsychological Implications of Cannabis Abuse and Dependence*. Panel presented at The Roger Williams University School of Law, Bristol, RI.
23. **Hower, H.** (2010, November). *Psychological Clinical Research*. Panel presented at Bryant University College of Arts and Sciences, Lincoln, RI.

**Poster Presentations (Alphabetical Order):**

1. Axelson, D., Birmaher, B., Strober, M., Hunt, J., Ha, W., Houck, P.R., Goldstein, B., Goldstein, T., Dickstein, D., Gill, M.K., **Hower, H.**, Ryan, N., & Keller, M.B. (2009, June). *Bipolar Disorder Not Otherwise Specified in Youth and Conversion to Bipolar I and II Disorder: Results from Longitudinal Follow-Up in the Course and Outcome of Bipolar Youth Study*. Poster presented at 8<sup>th</sup> International Bipolar Conference, Pittsburgh, PA.
2. Borue, X., Mazefsky, C., Rooks, B., Strober, M., Keller, M.B., **Hower, H.**, Yen, S., Gill, M.K., Diler, R.S., Axelson, D.A., Goldstein, B.I., Goldstein, T.R., & Birmaher, B. (2016, May). *The Longitudinal Course of Mood and Psychosocial Functioning in Youth with comorbid Bipolar and Autism Spectrum Disorders*. Poster presented at the International Society for Autism Research, Baltimore, MD.
3. Celis-de Hoyos, C., Yen, S., **Hower, H.**, Weinstock, L., Dickstein, D., Hunt, J., Strober, M., Birmaher, B., & Keller, M.B. (2016, March). *Increased Irritability May Distinguish Participants with Comorbid BPD Enrolled in a Longitudinal Study of Bipolar Disorder*. Poster presented at The Warren Alpert Medical School of Brown University 3<sup>rd</sup> Annual Mind Brain Research Day, Providence, RI.
4. Celis-de Hoyos, C., Yen, S., **Hower, H.**, Weinstock, L., Dickstein, D., Hunt, J., Strober, M., Birmaher, B., & Keller, M.B. (2016, October). *Increased Irritability May Distinguish Participants with Comorbid BPD Enrolled in a Longitudinal Study of Bipolar Disorder*. Poster presented at the Association for Behavioral and Cognitive Therapies 50<sup>th</sup> Annual Convention, New York, NY.
5. Celis-de Hoyos, C., Yen, S., **Hower, H.**, Weinstock, L., Dickstein, D., Hunt, J., Strober, M., Birmaher, B., & Keller, M.B. (2016, October). *Increased Irritability May Distinguish Participants with Comorbid BPD Enrolled in a Longitudinal Study of Bipolar Disorder*. Poster presented at the

Poster presented at the 63<sup>rd</sup> Annual Meeting of the American Academy of Child and Adolescent Psychiatry, New York, NY.

6. Christensen, R., Kasoff, L., Bojanek, E., Kim, K., Hunt, J., Yen, S., **Hower, H.**, Killam, M., Keller, M.B., Leibenluft, L., & Dickstein, D. (2016, March). *Reduced Neural Signaling in Young Adults with Bipolar Disorder During Cognitive Flexibility*. Poster presented at The Warren Alpert Medical School of Brown University 3<sup>rd</sup> Annual Mind Brain Research Day, Providence, RI.
7. Dickstein, D., Galvin, T., Yen, S., Hunt, J., **Hower, H.**, Gill, M.K., Weinstock, L., Goldstein, T., Goldstein, B., Ryan, N., Strober, M., Birmaher, B., & Keller, M.B. (2012, October). *Cognitive Task Performance in Children and Adolescents with Bipolar Spectrum Disorders*. Poster presented at the Poster presented at the 59<sup>th</sup> Annual Meeting of the American Academy of Child and Adolescent Psychiatry, San Francisco, CA.
8. Dickstein, D., Galvin, T., Yen, S., Hunt, J., **Hower, H.**, Gill, M.K., Weinstock, L., Goldstein, T., Goldstein, B., Ryan, N., Strober, M., Birmaher, B., & Keller, M.B. (2012, December). *Cognitive Task Performance in Children and Adolescents with Bipolar Spectrum Disorders*. Poster presented at the 51<sup>st</sup> Annual Meeting of the American College of Neuropsychopharmacology, Hollywood, FL.
9. Dickstein, D., Galvin, T., Yen, S., Hunt, J., **Hower, H.**, Gill, M.K., Weinstock, L., Goldstein, T., Goldstein, B., Ryan, N., Strober, M., Birmaher, B., & Keller, M.B. (2013, May). *Cognitive Task Performance in Children and Adolescents with Bipolar Spectrum Disorders*. Poster presented at The Warren Alpert Medical School of Brown University Department of Psychiatry and Human Behavior 16<sup>th</sup> Annual Research Symposium on Mental Health Sciences, Providence, RI.
10. Elhosary, M.Y., Merranko, J., Goldstein, T.R., Axelson, D.A., Goldstein, B.I., Keller, M.B., Yen, S., **Hower, H.**, Strober, M., & Birmaher, B. (October, 2022). *Medication Nonadherence in Youth with Bipolar Disorder is Distinctly Affected by Comorbid ADHD*. Poster presented at the 69<sup>th</sup> Annual Meeting of the American Academy of Child and Adolescent Psychiatry (AACAP), Toronto, Canada.
11. Esposito-Smythers, C., Shashoua, M., Pincince, S., Wolford, A., **Hower, H.**, Rizzo, C. & Spirito, A. (2008, March). *Social Cognitive Moderators of the Relation Between Dating Violence Victimization and Suicidality Among Psychiatrically Hospitalized Adolescents*. Poster presented at The Warren Alpert Medical School of Brown University Department of Psychiatry and Human Behavior 12<sup>th</sup> Annual Research Symposium on Mental Health Sciences, Providence, RI.
12. Esposito-Smythers, C., Wolford, A., Shashoua, M., Pincince, S., **Hower, H.**, Hunt, J., & Keller, M.B. (2008, March). *Non-Suicidal Self-Injurious Behavior in Pediatric Bipolar Disorder: Factors Associated with Increased Risk*. Poster presented at The Warren Alpert Medical School of Brown University Department of Psychiatry and Human Behavior 12<sup>th</sup> Annual Research Symposium on Mental Health Sciences, Providence, RI.
13. Fiedorowicz JG, Merranko JA, Gill MK, Yen S, Goldstein TR, Strober M, Hafeman D, Keller MB, Iyengar S, **Hower H**, Diler, R, Goldstein BI, Hunt J, Birmaher B. (2021, June -Online Due to COVID19). Validation of the Personalized Risk of Mood Recurrences Risk Calculator in an Adult Sample. Poster presented at the 23<sup>rd</sup> Annual Conference of the International Society for Bipolar Disorders.

14. Frazier, E.A., Hunt, J.I., **Hower, H.**, Jones, R.N., Goldstein, B.I., Birmaher, B., Strober, M., Weinstock, L.M., Dickstein, D.P., Gill, M.K., Goldstein, T.R., Diler, R.S., Ryan, N.D., Axelson, D., Keller, M.B., Yen, S. (2018, November). *Correlates, Course, and outcomes of increased energy in youth with bipolar disorder*. Poster presented at the Association for Behavioral and Cognitive Therapies 52nd Annual Convention, Washington, D.C.
15. **Hower, H.**, Shott, M.E., Sternheim, L.C., Swindle, S., Pryor, T., Frank, G.K.W. (2021, October-Online Due to COVID19) *Reward Processing and Behavior Traits in Female Youth: Implications for Psychiatric Vulnerabilities*. Poster presented at 63<sup>rd</sup> Annual Meeting of the American Academy of Child and Adolescent Psychiatry.
16. **Hower, H.**, Yen, S., Hoepfner, B., Weinstock, L., Hunt, J., Axelson, D., Birmaher, B., Strober, M., Ryan, N., & Keller, M.B. (2010, October). *Psychosocial Treatment Utilization Among Bipolar Youth: Continuity of Care*. Poster presented at 57<sup>th</sup> Annual Meeting of the American Academy of Child and Adolescent Psychiatry, New York, NY.
17. **Hower, H.**, Yen, S., Hoepfner, B., Weinstock, L., Hunt, J., Axelson, D., Birmaher, B., Strober, M., Ryan, N., & Keller, M.B. (2011, March). *Psychosocial Treatment Utilization Among Bipolar Youth: Continuity of Care*. Poster presented at The Warren Alpert Medical School of Brown University Department of Psychiatry and Human Behavior 14<sup>th</sup> Annual Research Symposium on Mental Health Sciences, Providence, RI.
18. **Hower, H.**, Yen, S., Hoepfner, B., Weinstock, L., Hunt, J., Axelson, D., Birmaher, B., Strober, M., Ryan, N., & Keller, M. B. (2011, June). *Psychosocial Treatment Utilization Among Bipolar Youth: Continuity of Care*. Poster presented at 9<sup>th</sup> International Bipolar Conference, Pittsburgh, PA.
19. Hunt, J., Birmaher, B., Strober, M., Yen, S., Case, B., Stout, R., Swenson, L., Topor, D., Liu, F., **Hower, H.**, & Keller, M.B. (2009, March). *Irritability Without Elation in a Large Bipolar Youth Sample: Frequency, Clinical Description, and 12 Month Outcome*. Poster presented at The Warren Alpert Medical School of Brown University Department of Psychiatry and Human Behavior 13<sup>th</sup> Annual Research Symposium on Mental Health Sciences, Providence, RI.
20. Hunt, J., Case, B., Birmaher, B., Strober, M., Stout, R., **Hower, H.**, Yen, S., Swenson, L., Dickstein, D., Axelson, D., Goldstein, B., Gill, M.K., Goldstein, T., Ryan, N., & Keller, M.B. (2011, October). *Irritability Without Elation in a Large Bipolar Youth Sample: Clinical Outcomes at 48 Months*. Poster presented at 58<sup>th</sup> Annual Meeting of the American Academy of Child and Adolescent Psychiatry, Toronto, Canada.
21. Kasoff, L., Bojanek, E., Christensen, R., Kim, K., Hunt, J., Yen, S., **Hower, H.**, Killam, M., Keller, M.B., & Dickstein, D. (2016, March). *Neural Activation During Masked and Unmasked Emotional Face Processing in Young Adults with Bipolar Disorder*. Poster presented at The Warren Alpert Medical School of Brown University 3<sup>rd</sup> Annual Mind Brain Research Day, Providence, RI.
22. Lee, E., **Hower, H.**, Jones, R.N., Birmaher, B., Strober, M., Merranko, J., Goldstein, T., Goldstein, B., Weinstock, L., Hunt, J., Dickstein, D.P., Diler, R.S., Gill, M.K., Axelson, D., Keller, M.B., & Yen, S. (2018, February). *Psychosocial Impairment in Transition-Age Youth with Bipolar Disorder*. Poster presented at 8<sup>th</sup> Klingenstein Third Generation Foundation National Medical Student Conference, Los Angeles, CA.
23. Lee, E., Yen, S., **Hower, H.**, Killam, M., Jones, R., Hunt, J., Dickstein, D., Birmaher, B., Gill, M.K., Ryan, N., Goldstein, T., Merranko, J., Goldstein, B., Axelson, D., Strober, M., & Keller, M.B.

- (2016, October). *Psychosocial Impairment in Transition Age Youth with Bipolar Disorder*. Poster presented at the Association for Behavioral and Cognitive Therapies 50th Annual Convention, New York, NY.
24. Lin, M., **Hower, H.**, Brick, L., Weinstock, L., Dickstein, D., Hunt, J., Keller, M.B., Birmaher, B., Gill, M.K., Goldstein, T., Goldstein, B., Merranko, J., Ryan, N., Strober, M., Axelson, D., & Yen, S. (2018, March). *Polypharmacy in Comorbid Bipolar and Borderline Personality Disorder Individuals*. Poster presented at The Warren Alpert Medical School of Brown University 5<sup>th</sup> Annual Mind Brain Research Day, Providence, RI.
  25. Mitchell, R., **Hower, H.**, Birmaher, B., Strober, M., Merranko, J., Rooks, B., Goldstein, T.R., Hunt, J.I., Dickstein, D.P., Diler, R.S., Ryan, N., Gill, M.K., Axelson, D., Keller, M.B., Yen, S., & Goldstein, B.I. (2020, June-Online due to COVID19). *Sex Differences in the Longitudinal Course and Outcome of Bipolar Disorder in Youth*. Poster presented at the 22<sup>nd</sup> Annual International Society for Bipolar Disorders Conference.
  26. Pascual, M.A., Levenson, J.C., Goldstein, T.R., Gill, M.K., Merranko, J., Axelson, D., Goldstein, B.I., **Hower, H.**, Yen, S., Birmaher, B. (2018, October). *The Effect of Traumatic Events on the Longitudinal Course of Youth with Bipolar Disorders*. Poster presented at the 65<sup>th</sup> Annual Meeting of the American Academy of Child and Adolescent Psychiatry, Seattle, WA.
  27. Pescosolido, M., Mersereau, A., Reidy, B., Siegel, R., **Hower, H.**, Killam, M., Shashoua, M., Gagnon, K., & Dickstein, D. (2010, October). *fMRI Meta-Analysis in Pediatric Bipolar Disorder*. Poster presented at 18<sup>th</sup> Annual Lifespan Hospital Research Celebration, Providence, RI.
  28. Rizzo, C., Esposito-Smythers, C., Pincince, S., Shashoua, M., Wolford, A., **Hower, H.**, & Spirito, A. (2008, March). *Dating Violence Victimization, Social Support, and Non-Suicidal Self-Injury Among Psychiatrically Hospitalized Adolescents*. Poster presented at The Warren Alpert Medical School of Brown University Department of Psychiatry and Human Behavior 12<sup>th</sup> Annual Research Symposium on Mental Health Sciences, Providence, RI.
  29. Sala, R., Castro-Fornieles, J., Goldstein, T., Ha, W., Liao, F., Gill, M.K., Iyengar, S., Axelson, D., Strober, M., Goldstein, B., Yen, S., **Hower, H.**, Hunt, J., Ryan, N., Keller, M.B., & Birmaher, B. (2009, October). *Comorbid Anxiety in Children and Adolescents with Bipolar Spectrum Disorders: Prevalence and Clinical Correlates*. Poster presented at 56<sup>th</sup> Annual Meeting of the American Academy of Child and Adolescent Psychiatry, Honolulu, HI.
  30. Sala, R., Axelson, D., Castro-Fornieles, J., Goldstein, T.R., Goldstein, B., Ha, W., Liao, F., Gill, M.K., Iyengar, S., Strober, M., Yen, S., **Hower, H.**, Hunt, J., Dickstein, D., Ryan, N., Keller, M.B., & Birmaher, B. (2011, October). *Longitudinal Effects of Comorbid Anxiety Disorder in Children and Adolescents with Bipolar Spectrum Disorders*. Poster presented at 58<sup>th</sup> Annual Meeting of the American Academy of Child and Adolescent Psychiatry, Toronto, Canada.
  31. Sala, R., Strober, M., Axelson, D., Gill, M.K., Castro-Fornieles, J., Goldstein, T.R., Goldstein, B., Ha, W., Liao, F., Iyengar, S., Yen, S., **Hower, H.**, Hunt, J., Dickstein, D., Ryan, N., Keller, M.B., & Birmaher, B. (2014, October). *Comorbid Anxiety Disorders in Children and Adolescents with Bipolar Spectrum Disorders*. Poster presented at 61<sup>st</sup> Annual Meeting of the American Academy of Child and Adolescent Psychiatry, San Diego, CA.
  32. Towne, T., Knatz Peck, S., Wierenga, C., **Hower, H.**, & Kaye, W.H. (2023, June). *New Directions in Eating Disorder Treatment: Acceptability, Feasibility, & Outcomes of a Virtual Parent*

*Training Course.* Poster presented at the 30<sup>th</sup> Annual Meeting of the Academy for Eating Disorders, Washington, D.C.

33. Weinstock, L., Armev, M.F., Yen, S., Axelson, D., Dickstein, D., Gill, M.K., Goldstein, B., Goldstein, T.R., **Hower, H.**, Hunt, J., Ryan, N., Birmaher, B., Strober, M., & Keller, M.B. (2012, October). *Empirically Derived Subgroups of Youth with Bipolar Disorder Not Otherwise Specified: A Latent Class Analysis of Mania and Co-Occurring Symptoms*, Poster presented at the 59<sup>th</sup> Annual Meeting of the American Academy of Child and Adolescent Psychiatry, San Francisco, CA.
34. Weinstock, L., Armev, M.F., Yen, S., Axelson, D., Dickstein, D., Gill, M.K., Goldstein, B., Goldstein, T.R., **Hower, H.**, Hunt, J., Ryan, N., Birmaher, B., Strober, M., & Keller, M.B. (2012, October). *Empirically Derived Subgroups of Youth with Bipolar Disorder Not Otherwise Specified: A Latent Class Analysis of Mania and Co-Occurring Symptoms*, Poster presented at the 26<sup>th</sup> Annual Meeting of the Society for Research in Psychopathology, Ann Arbor, MI.
35. Weinstock, L., Armev, M.F., Yen, S., Axelson, D., Dickstein, D., Gill, M.K., Goldstein, B., Goldstein, T.R., **Hower, H.**, Hunt, J., Ryan, N., Birmaher, B., Strober, M., & Keller, M.B. (2013, May). *Empirically Derived Subgroups of Youth with Bipolar Disorder Not Otherwise Specified: A Latent Class Analysis of Mania and Co-Occurring Symptoms*, Poster presented at The Warren Alpert Medical School of Brown University Department of Psychiatry and Human Behavior 16<sup>th</sup> Annual Research Symposium on Mental Health Sciences, Providence, RI.
36. Yen, S., Stout, R., **Hower, H.**, Killam, M., Hunt, J., Weinstock, L., Topor, D., Axelson, D., Gill, M.K., Goldstein, B., Goldstein, T., Ryan, N., Birmaher, B., Strober, M., & Keller, M.B. (2013, May). *Effects of Comorbid Disorders on the Longitudinal Course of Children and Adolescents with Bipolar Disorder*. Poster presented at the 16<sup>th</sup> Annual Research Symposium on Mental Health Sciences, Providence, RI.
37. Yen, S., Celis-de Hoyos, C., Chuong, A., **Hower, H.**, Stout, R., Gill, M.K., Goldstein, T., Goldstein, B., Ryan, N., Strober, M., Birmaher, B., & Keller, M.B. (2015, March). *Treatment Utilization among Racial and Ethnic Minorities: Findings from the Course and Outcome of Bipolar Youth Study*. Poster presented at The Warren Alpert Medical School of Brown University 2<sup>nd</sup> Annual Mind Brain Research Day, Providence, RI.

**Peer-Reviewed Publications (Alphabetical Order):**

1. Andreu Pascual, M., Levenson, J., Merranko, J., Gill, M.K., **Hower, H.**, Yen, S., Strober, M., Goldstein, T.R., Ryan, N., Goldstein, B.I., Weinstock, L.M., Keller, M.B., Axelson, D.A., Birmaher, B. The Effect of Traumatic Events on the Longitudinal Course of Youth with Bipolar Disorder. *Journal of Affective Disorders*. 2020; 274: 126-135. NIHMS: 1598435. DOI: <https://doi.org/10.1016/j.jad.2020.05.131>
2. Andreu Pascual, M., Merranko, J., Gill, M.K., Levenson, J.C., Hafeman, D., **Hower, H.**, Yen, S., Strober, M., Goldstein, B.I., Diler, R., Ryan, N.D., Weinstock, L.M., Keller, M.B., Axelson, D.A., Birmaher, B., Goldstein, T.R. Risk factors preceding new onset abuse among youth with bipolar disorder: A longitudinal perspective analysis. *Journal of Affective Disorders*, 2022; 300: 296-304. DOI: <https://doi.org/10.1016/j.jad.2022.01.003>
3. Axelson, D.A., Birmaher, B., Strober, M.A., Goldstein, B.I., Ha, W., Gill, M.K., Goldstein, T.R., Yen, S., **Hower, H.**, Hunt, J.I., Liao, F., Iyengar, S., Dickstein, D., Kim, E., Ryan, N.D., Frankel, E., Keller, M.B. Course of Subthreshold Bipolar Disorder in Youth: Diagnostic Progression From Bipolar Disorder Not Otherwise Specified. *Journal of the American Academy of Child and*



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DOI: [10.1016/j.jaac.2011.07.005](#)

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Prognosis in Youths with Bipolar Disorder. *Journal of Affective Disorders*, 2022. DOI: <https://doi.org/10.1016/j.jad.2022.01.058>

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**Research Experience:**

*Faculty-Associate Specialist*, University of California San Diego, School of Medicine, Department of Psychiatry, San Diego, CA, July 2019-Present.

Duties include serving as a research advisor to the University of California San Diego Eating Disorders Center for Treatment and Research.

*Research Assistant*, Jenni Schaefer, Eating Disorders (ED) and Post-Traumatic Stress Disorder (PTSD), Book Preparation, April 2018-Present.

Duties include conducting literature reviews on eating disorders and post-traumatic stress disorders in preparation for a book submission.

*Faculty-Research Associate*, Brown University, School of Public Health, Department of Health Services, Policy, and Practice, Providence, RI, August 2016-Present.

Duties include serving as a research advisor to the Hassenfeld Child Health Innovation Institute.

*Project Director*, Brown University, Warren Alpert Medical School, Department of Psychiatry and Human Behavior, Providence, RI, January 2007-December 2018.

Duties included assisting in NIMH grant submissions, IRB renewals, poster and manuscript submissions, and conference presentations for the Course and Outcome of Bipolar Youth study.

*Research Project*, University of California, Berkeley, Department of Social Welfare, Berkeley, CA, September 2003 - April 2004.

Duties included proposal and conduction of original project, “Military Trauma Focus Group Therapy among Male Veterans in a PTSD Residential Rehabilitation Program: Impact of Treatment on Coping and Quality of Life.”

*Research Assistant*, E.P. Bradley Hospital and Brown University, Warren Alpert Medical School, Laboratory of Sleep Research and Chronobiology, East Providence, RI, May 1996 - May 1999.

Duties included applying electrodes to produce polysomnographic recordings.

*Research Assistant*, Brown University, Warren Alpert Medical School, Department of Psychiatry and Human Behavior, Providence, RI, June 1998-September 1998.

Duties included screening adult subjects for the Primary Care Anxiety Project (PCAP), administering questionnaires for the Collaborative Longitudinal Study of Personality Disorders (CLPS), and conducting literature reviews on Borderline Personality Disorder (BDP) in preparation for a book chapter submission.

**Clinical Experience:**

*Child and Family Services of  
Newport County*

*Network Clinician*

Middletown, RI  
Jan 2005 – Jan 2007

Duties involved providing clinical services for adolescents in residential placements under the custody of the Rhode Island Department of Children, Youth, and Families, including psychosocial assessments, treatment plans, individual and family therapy, as well as client centered advocacy and case consultation for residential staff and multidisciplinary providers.

*Family Service of RI*                                  *Clinician*                                  Providence, RI  
*Mount Pleasant Academy*                                  June 2004 – Jan 2005  
Duties included developing diagnostic assessments and IEP goals addressing clinical needs, providing CBT and play therapy, facilitating specialized services, and staff consultation.

*Dept of Veterans Affairs*                                  *Community Mental Health*                                  Menlo Park, CA  
*Internship (Berkeley)*                                  Sept 2003 – Apr 2004  
Completed internship (24 hrs/wk) at National Center for Post-Traumatic Stress Disorders, Residential Rehabilitation Program. Duties included conducting psychosocial assessments, developing treatment and discharge plans, co-facilitating group therapy (e.g., Military Trauma Focus Group) and milieu sessions, and participating in team meetings and client case reviews.

*Catholic Charities,*                                  *Community Mental Health*                                  San Jose, CA  
*Behavioral Health Svcs*                                  *Internship (Berkeley)*                                  Sept 2002 – Apr 2003  
Completed internship (16 hrs/wk) at Community Counseling, Family Preservation, and Aftercare Programs. Duties included providing psychosocial assessments, treatment plans, visitation reports, and outcome measures, for families in outpatient treatment, parents and children in therapeutic supervised visitation sessions, and adolescents in juvenile hall aftercare services.

### **Teaching Experience:**

*Senior Honors Thesis Primary Advisor*, Brown University, School of Public Health, Providence, RI.  
*Course PHP1980*

2020-2021: “Latina Identity in the Context of Western Beauty and Body Norms: A Qualitative Study.”

2019-2020: “The Effects of Art Therapy on Youth Navigating Bereavement, Grief, and Mourning: A Systematic Review.”

Served as the primary thesis advisor for undergraduate seniors completing their honors degree, including regular meetings, content outlines, draft revisions, poster presentations, final papers.

*Developmental Psychopathology Course Instructor*, Brown University, Department of Continuing Education, Providence, RI, February 2011.

Facilitated introductory course of child and adolescent psychological disorders; provided a review of the etiology, diagnostic criteria, assessment, and treatment of psychological disorders in youth.

### **Web Sites:**

Brown University Faculty Researchers @Brown Vivo: <https://vivo.brown.edu/display/hhower#All>

University of California San Diego Faculty Profile: <https://profiles.ucsd.edu/heather.hower>

Research Gate: [https://www.researchgate.net/profile/Heather\\_Hower](https://www.researchgate.net/profile/Heather_Hower)

PubMed:

<https://www.ncbi.nlm.nih.gov/pubmed?term=Hower%2C+Heather%5Bauthor%5D&cmd=detailssearch>

Google Scholar: [https://scholar.google.com/scholar?start=20&q=Heather+Hower&hl=en&as\\_sdt=0,40](https://scholar.google.com/scholar?start=20&q=Heather+Hower&hl=en&as_sdt=0,40)

ORCID ID: <https://orcid.org/0000-0002-9411-2059>

Scopus: <https://www.scopus.com/home.uri>

Academy for Eating Disorders (AED) Faculty Profile:

<https://www.aedweb.org/network/members/profile?UserKey=2f2cc284-6659-4aaf-a8d7-33237fb523cc>

### **Social Media:**

*Twitter:* <https://twitter.com/heatherhower>

*Instagram:* <https://www.instagram.com/heatherhower>

*Facebook:* <https://www.facebook.com/hhower>

*LinkedIn:* <https://www.linkedin.com/in/heather-hower-b60/>

**Blog Posts:**

National Eating Disorders Association (NEDA): <https://www.nationaleatingdisorders.org/blog>

Project HEAL: <http://theprojectheal.org/blog/>

Medium: <https://medium.com/libertased>

Jenni Schaefer: <https://jennischaefer.com/blog/eating-and-body-image/recovered-eating-disorders-professionals-stigma/>

Families Empowered And Supporting Treatment for Eating Disorders (F.E.A.S.T.):

<https://www.feast-ed.org/eating-disorder-traits-as-strengths-in-recovery/>

**Media Publications:**

“Academy for Eating Disorders (AED) 10 Actions-Individuals”

<https://www.aedweb.org/resources/online-library/publications/10-actions>

**Webinars:**

“Eating Disorder Recovery: What Are We Aiming For?”

Academy for Eating Disorders (AED) Professionals and Recovery Special Interest Group (SIG)

<https://www.aedweb.org/viewdocument/aed-webinar-recordings?CommunityKey=2e0113bc-7857-4706-a170-3faf1e6ceca2&tab=librarydocuments>

**Podcasts:**

“Anxiety in the Assessment and Treatment of Eating Disorders”- ED Matters by Gurze/Salucore

Episodes 99 (Part 1) and 100 (Part 2)

<https://www.edcatalogue.com/episode-99-walter-kaye-guido-frank-heather-hower-role-anxiety-eating-disorders/#more-5453>

<https://www.edcatalogue.com/episode-100-walter-kaye-guido-frank-heather-hower-role-anxiety-eating-disorders-part-2/#more-5464>

“Definitions of Recovery”- ED Matters by Gurze/Salucore Episode 199

<https://www.edcatalogue.com/episode-199-heather-hower-definitions-recovery/>

“Eating Disorder Traits as Strengths in Recovery” – ED Matters by Gurze/Salucore, Episodes 207 (Part 1), 208 (Part 2), 209 (Part 3)

<https://podcasts.apple.com/us/podcast/ed-matters/id1173632000#episodeGuid=e93fb3d1-f528-4d92-a766-b69e3f7aa27a>

<https://podcasts.apple.com/us/podcast/episode-208-dr-walter-kaye-panel-eating-disorder-traits/id1173632000?i=1000492778776>

<https://podcasts.apple.com/us/podcast/episode-209-walter-kaye-panel-eating-disorder-traits/id1173632000?i=1000493608973>

“Recovery is Not Linear” -Recovery Bites, Episode 80 (Part 1)

<https://podcasts.apple.com/us/podcast/recovery-bites/id1502277665?i=1000539589143>