

Claire Houtsma

29 Park Place Apt.202
Hattiesburg, MS 39402

Phone: (708) 945-1359
E-mail: claire.houtsma@eagles.usm.edu

EDUCATION

- 2014-Present **University of Southern Mississippi**
Clinical Psychology Doctoral Program
Suicide and Emotion Dysregulation Laboratory
Expected Graduation Date: Summer 2019
- 2009-2013 **University of Illinois, Urbana-Champaign**
B.S. Psychology, *summa cum laude, distinction in psychology*
Bachelor's Thesis: Suicidality, Control, and Coping
Supervisor: Dr. Michael Kral
GPA: 3.96, Major GPA: 4.0

PEER-REVIEWED JOURNAL ARTICLES

- Houtsma, C.**, Khazem, L. R., Green, B. A., & Anestis, M. D. (under review). The isolating effects of moral injury and low post-deployment support among U.S. military personnel.
- Khazem, L. R., **Houtsma, C.**, Gratz, K. L., Tull, M. T., Green, B. A., & Anestis, M. D. (in press) Firearms matter: The moderating role of firearm storage in the association between current suicidal ideation and imminent suicide risk amongst United States military personnel. *Military Psychology*.
- Martin, R. L., **Houtsma, C.**, Green, B. A., & Anestis, M. D. (in press) Support systems: How post-deployment support impacts suicide risk factors in United States military personnel. *Cognitive Therapy and Research*.
- Fisher, K., **Houtsma, C.**, Assavedo, B. L., Green, B. A., & Anestis, M. D. (in press) Agitation as a moderator of the relationship between insomnia and suicidal plans and preparations in the military. *Archives of Suicide Research*.
- Pennings, S. M., Finn, J., **Houtsma, C.**, Green, B. A., Anestis, M. D. (in press). Emotional numbing symptoms of posttraumatic stress disorder and the interpersonal theory of suicide. *Suicide and Life-Threatening Behavior*.
- Anestis, M. D., Law, K. C., Jin, H., **Houtsma, C.**, Khazem, L. R., & Assavedo, B. L. (in press). Treating the capability for suicide: A vital and understudied frontier in suicide prevention. *Suicide and Life-Threatening Behavior*.
- Anestis, M. D., Khazem, L. R., Law, K. C. (Hons.), **Houtsma, C.**, LeTard, R., Moberg, F., & Martin, R. (2015). The association between state laws regulating handgun ownership and statewide suicide rates. *American Journal of Public Health*, 1 - 9.
- Podlogar, M., **Houtsma, C.**, Khazem, L. R., Moberg, F., Mofield, T., Green, B. A., Anestis, M. D., & Joiner, T. (under review) Interpersonal theory of suicide: Differences between army active duty and national guard samples.
- Martin, R. L., **Houtsma, C.**, Green, B. A., Anestis, M. D. (under review). The impact of aggression on the relationship between betrayal and belongingness amongst U.S. military personnel.
- Anestis, M. D. & **Houtsma, C.** (under review). The association between gun ownership and statewide overall suicide rates.

PRESENTATIONS

- Houtsma, C.** & Anestis, M. D. (2016, October). *The mediating role of internal locus of control in the relationship between grit and the components of the interpersonal-psychological theory of suicide*. Poster accepted to the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New York City, New York.

- Anestis, M. D. & **Houtsma, C.** (2016, October). *The association between gun ownership and statewide overall suicide rates*. Paper submitted to the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New York City, New York.
- Houtsma, C.** & Anestis, M. D. (2016, March). *Who is in control? An examination of the relationship between locus of control, emotion dysregulation, and suicidal desire*. Poster presented at the annual meeting of the American Association of Suicidology (AAS), Chicago, Illinois.
- Khazem, L. R., **Houtsma, C.**, Gratz, K. L., Tull, M. T., Green, B. A., & Anestis, M. D. (2016, March). *Firearms matter: The moderating role of firearm storage on the association between current suicidal Ideation and Imminent Suicide Risk Amongst United States Military Personnel*. Paper presented at the annual meeting of the American Association of Suicidology (AAS), Chicago, Illinois.
- Houtsma, C.**, Green, B. A., Anestis, M. D. (2015, November). *The Influence of suicidal desire, distress tolerance, and access to firearms in the salience of suicide within the U.S. military*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Chicago, Illinois and presented at the University of Southern Mississippi's Susan A. Siltanen Graduate Student Research Symposium, Hattiesburg, Mississippi.
- Pennings, S. M., Finn, J. R., **Houtsma, C.**, & Anestis, M. D. (2015, November). *Clarifying the association between the posttraumatic stress disorder numbing symptom cluster and the desire for death in a military sample*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Chicago, Illinois.
- Houtsma, C.** (2015, November). *The longitudinal effect of violent video game play on the acquired capability for suicide*. Presentation at the 2nd Annual 3-Minute Thesis Competition (3MT), University of Southern Mississippi.
- Houtsma, C.**, Khazem, L. R., Green, B. A., Anestis, M. D. (2015, April). *Moral injury and thwarted belongingness: The potential importance of post-deployment support for U.S. troops*. Poster presented at the annual meeting of the American Association of Suicidology (AAS), Atlanta, Georgia.
- Martin, R. L., Khazem, L. R., **Houtsma, C.**, Green, B. A., Anestis, M. D. (2015, April). *Betrayal and belongingness: Examining moral injury and the interpersonal-psychological theory of suicide*. Poster presented at the annual meeting of the American Association of Suicidology (AAS), Atlanta, Georgia.
- Anestis, M. D., Khazem, L. R., Law, K. C. (Hons.), **Houtsma, C.**, LeTard, R., Moberg, F., & Martin, R. (2015, April). *The association between state laws regulating handgun ownership and statewide suicide rates*. Paper presented at the annual meeting of the American Association of Suicidology (AAS), Atlanta, Georgia.

MASTER'S THESIS PROJECT

The Longitudinal Effect of Violent Video Game Play on the Acquired Capability for Suicide

Chair: Michael D. Anestis, Ph.D.

Proposed: May 1st, 2015

GRANTS AND AWARDS

2nd Place Poster Presentation Award at the University of Southern Mississippi's Susan A. Siltanen Graduate Student Research Symposium – 2016

Amount: \$350

University of Southern Mississippi Professionals in Preparation Travel Grant Award – 2016

Amount: \$500

University of Southern Mississippi Clinical Psychology Graduate Student Organization (CPGSO) Travel Grant – 2016

Amount: \$170

Military Suicide Research Consortium (MSRC) Conference Training Day Travel Grant – 2016
Amount: \$1,000

University of Southern Mississippi Clinical Psychology Research Excellence Award – 2015
Amount: \$250

American Psychological Association Graduate Student/Psi Chi Junior Scientist Fellowship
Amount: \$1,000

Military Suicide Research Consortium (MSRC) Conference Training Day Travel Grant – 2015
Amount: \$1,000

University of Southern Mississippi Travel Grant – Fall 2015
Amount: \$150

University of Southern Mississippi Travel Grant – Spring 2015
Amount: \$150

Beck Institute Graduate Student CBT Workshop Scholarship Competition – 2016 (applied; offered partial-funding)
Amount: \$450; offered partial-funding for \$100

National Science Foundation Graduate Research Fellowship Program 2015 and 2016 (applied)
Amount: \$34,000 stipend/year and \$12,000 cost-of-education/year for 3 years

American Psychological Association Early Graduate Student Researcher award (applied)
Amount: \$1,000

RESEARCH EXPERIENCE

Graduate Research Assistant in the Suicide and Emotion Dysregulation laboratory at the University of Southern Mississippi since August 2014. My responsibilities include assisting my faculty mentor, Dr. Michael Anestis, in the study of emotion dysregulation and mechanisms of suicide. I also provide assistance for our current project: *Factors Associated with Future Suicidal Self-Directed Violence Project*, which is funded by the Military Research Consortium via the Department of Defense. On this project, I am involved in data cleaning, organizing, and data analysis.

TEACHING EXPERIENCE

Instructor for Abnormal Psychology for Summer 2015 semester. My responsibilities included preparing lectures, creating exams, teaching in-person and via live video-feed to a satellite campus, grading in-class quizzes and exams, and organizing the course through Blackboard.

Teaching Assistant for Abnormal Psychology from August 2014 through May 2015. My responsibilities included proctoring exams, as well as grading exams and in-class assignments.

PROFESSIONAL EXPERIENCE AND PROFESSIONAL DEVELOPMENT

Clinical Training Committee (CTC) Student Representative for the University of Southern Mississippi (USM) Clinical Psychology Program from August 2015 to present. My responsibilities include attending weekly CTC meetings, presenting student concerns and questions to faculty members, and communicating important program-related information to clinical psychology doctoral students.

Member of the Professionals in Preparation program at USM from August 2015 to May 2016. My responsibilities as a member of this program included attending workshops focused on the development of skills in such areas as publishing, effective presentation of research, and methods of mentorship. Additionally, I participated in USM's annual Three Minute Thesis Competition in Fall 2015 and presented a poster at USM's Graduate Research Symposium in Spring 2016.

Executive Board member of the Clinical Psychology Graduate Student Organization (CPGSO) at USM from August 2015 to May 2016. My responsibilities included planning, organizing, and executing fundraising events. Funds raised from these events are used to subsidize the cost of mental health services for economically disadvantaged clients at the USM Psychology Clinic.

Visiting Clinical Research Coordinator in the Department of Psychiatry at the University of Illinois, Chicago from July 2013 through August 2014. My responsibilities in this position included

assisting in compiling and entering data on the utilization of psychotropic medications for children in substitute care through collaboration with the Department of Children and Family Services, Office of the Guardian. I also began an ongoing research project, which will attempt to determine common and unique predictors for suicidality in wards of the state taking psychotropic medications.

PROFESSIONAL AFFILIATIONS

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| 2009-Present | Psi Chi Honors Psychology Fraternity Member |
| 2013-Present | Member of the American Association of Suicidology (AAS) |
| 2015-Present | Member of the American Psychological Association (APA) |
| 2015-Present | Member of the Association for Behavioral and Cognitive Therapies (ABCT) |