

*Curriculum Vitae*

**ISHA WALWINA METZGER, PhD, LCP**

[www.drishametzger.com](http://www.drishametzger.com) | [www.instagram.com/TheEMPOWERLab](https://www.instagram.com/TheEMPOWERLab)

138 Grooms Road, Fayetteville, GA 30215

**ACADEMIC APPOINTMENTS**

---

2021 – Present **Tenure-Track Assistant Professor**

Georgia State University, Department of Psychology

Urban Life Building, Room 1114

140 Decatur Street, Atlanta, GA 30303-3083

Email. [ishametzger@gsu.edu](mailto:ishametzger@gsu.edu) | Web. <https://psychology.gsu.edu/profile/isha-metzger/>

Office. 706.542.4059 | Cell. 404.784.7659

2021 – Present **Adjunct Assistant Professor, Graduate Faculty**

2017 – 2021 **Tenure-Track Assistant Professor**

University of Georgia, Department of Psychology

125 Baldwin Street, Athens, GA 30602

Email. [isha.metzger@uga.edu](mailto:isha.metzger@uga.edu) | Web. <https://psyc.franklin.uga.edu/directory/isha-metzger>

2017 – Present **Affiliate Research Faculty**

Yale University, School of Public Health

Center for Interdisciplinary Research on AIDS | 135 College St., New Haven, CT 06510

Email. [isha.metzger@yale.edu](mailto:isha.metzger@yale.edu) | Web. <https://cira.yale.edu/people/isha-metzger-phd>

2017 – Present **Founder and Director**

The EMPOWER Lab. **E**ngaging **M**inorities in **P**revention, **O**utreach, **W**ellness, **E**ducation, & **R**esearch

2017 – 2021 University of Georgia, Department of Psychology, Rooms 112, 122

2021 – Present Georgia State University, Department of Psychology, Rooms 1107 A, B, C

Email. [theempowerlab@gmail.com](mailto:theempowerlab@gmail.com) | Web. <https://www.drishametzger.com/research-and-partners>

**BUSINESS OWNERSHIP**

---

2020 - Present **Cultural Concepts, LLC**, State of Georgia Control #20118458

Email. [ishametzger4culturalconcepts@gmail.com](mailto:ishametzger4culturalconcepts@gmail.com)

Web. <https://www.drishametzger.com/consulting-services>

**LICENSURE AND CERTIFICATIONS**

---

2021 **Trauma-Focused Cognitive-Behavior Therapy (TF-CBT) Certified Therapist**, Allegheny Health Network, Rowan University CARES Institute, Center for Traumatic Stress in Children and Adolescents

2018 **Licensed Clinical Psychologist**, State of Georgia #PSY004185

**EDUCATION**

---

2011 - 2015 **Doctor of Philosophy**, University of South Carolina; Columbia, SC  
Clinical-Community Psychology (APA Accredited), Department of Psychology

2009 - 2011 **Masters of Arts**, University of South Carolina; Columbia, SC  
Clinical-Community Psychology (APA Accredited), Department of Psychology

2005 - 2008 **Bachelor of Arts**, Georgia State University; Atlanta, GA  
Department of Psychology, Summa Cum Laude, Advanced Research Honors Degree

**TRAINING**

---

- 2021 **Early Career Faculty Fellowship**, City University of New York John Jay College of Criminal Justice Building a Multidisciplinary Pipeline of Researchers in Child Abuse and Neglect: CUNY 2021 Summer Training Institute for Early Career or Transitioning Scholars. New York City, NY.
- 2016 – 2017 **Postdoctoral Research Fellowship**, Yale University  
Center for Interdisciplinary Research on AIDS (CIRA); New Haven, CT, School of Public Health  
Research Education Institute for Diverse Scholars (REIDS), Translational Prevention Research
- 2015 – 2017 **Postdoctoral Research Fellowship**, Medical University of South Carolina  
National Crime Victims Research and Treatment Center; Charleston, SC, Department of Psychiatry  
Treatment Development and Dissemination Track
- 2014 - 2015 **Clinical Psychology Predoctoral Internship**, Medical University of South Carolina  
Charleston Consortium Training Program; Charleston, SC, Department of Psychiatry

**PERSONAL STATEMENT**

---

I am a health disparities researcher from Atlanta, Georgia by way of Sierra Leone, West Africa. My research aims to improve evidence-based treatments through understanding risk factors (e.g., racial discrimination) and resilience factors (racial socialization) that affect Black youth. The results of my research inform my clinical practice and supervision of evidence based cognitive-behavioral therapies to youth and families who experience interpersonal and racial trauma.

**GRANT FUNDING**

---

**Ongoing Research Support**

Dates Submitted March 2021  
 Investigators PI: Betancourt; PI of Diversity Supplement: **Metzger**  
 Title Expanding the Reach of Evidence-Based Mental Health Treatment: Diffusion and Spillover of Mental Health Benefits Among Peer Networks and Caregivers of Youth Facing Compounded Adversity in Sierra Leone  
 Agency National Institutes of Health / National Institute of Mental Health NIH/NIMH Research Supplements to Promote Diversity in Health-Related Research (R01 MH117359)  
 Amount \$147,436 for proposed budget period 6/1/2021 – 5/31/2023

Dates 07/01/2021 - 06/30/2023  
 Investigator PI: **Metzger**  
 Title RENEWAL: Improving Trauma-Related Mental and Behavioral Health for African American Youth  
 Agency NIH Loan Repayment Program Clinical Research LRP, National Institute for Mental Health  
 Amount \$26,771.60

Dates 9/30/2021 - 9/29/2026  
 Investigators Co-PIs: Cohen, Mannarino; Subcontract PI: **Metzger**  
 Title Allegheny General Hospital Center for Traumatic Stress in Children & Adolescents  
 Agency Substance Abuse and Mental Health Services Administration SAMHSA National Child Traumatic Stress Network (NCTSN) FOA SM-21-009  
 Amount \$82,461 for Subaward

Dates Jan 2021 - Dec 2023  
 Investigator Project PI: Dworkin; Consultant: **Metzger**  
 Title Improving Social Support Quality Among Survivors Seeking Acute Post-Rape Care: Testing a Supporter-Targeted Intervention  
 Agency Department of Justice, Office on Violence Against Women Grant #2020-SI-AX-0007

Amount	\$81.25/hour, up to 12 hours
Dates	April 2021
Investigator	PI: <b>Metzger</b>
Title	Ameliorating Racial Stress and Trauma among African American Youth
Agency	Center for Translational and Prevention Science, Center for Family Research, University of Georgia
Amount	\$13,750
Dates	May 2021 – June 30, 2022
Investigator	PI: <b>Metzger</b>
Title	Feasibility and Acceptability of a User-Guided C.A.R.E. Package for Racial Healing for Black Youth
Agency	Owens Institute for Behavioral Research, OIBR Faculty Seed Grant Program, University of Georgia
Amount	\$10,000
Dates	July 1, 2021 – June 30, 2022
Investigators	Project PI: Cobb; Consultant: <b>Metzger</b> , Stress and Coping among Black youth
Title	Early Life Adversity, Perceived Control, and Age-Related Decline in Kidney Function Among Blacks
Agency	National Institute on Aging (NIA: 5P30AG01528123) Michigan Center for African American Aging Research (MCUAAAR)
Amount	\$25,000
Dates	August 31, 2020 – August 30, 2025
Investigators	PI: <b>Metzger</b>
Title	Project NaviGate: Connecting Georgia to Substance Use and HIV Prevention
Agency	Department of Health & Human Services Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Substance Abuse Prevention (1H79SP082105-01)
Amount	\$998,669
Dates	July 1, 2020- June 30, 2025
Investigators	PI: Kogan, Co-I: <b>Metzger</b>
Title	Neuroscience, Immunology, Social Adversity and the Roots of Addictive Behaviors: Toward a New Framework for Drug Use Etiology and Prevention
Agency	National Institute on Drug Abuse (NIDA) 1-P50DA051361-01
Amount	\$9,735,811; PI of \$20,000 pilot study
Dates	July 2019 – November 2021
Investigator	PI: <b>Metzger</b>
Title	Improving Trauma-Related Mental and Behavioral Health for African American Youth
Agency	NIH Loan Repayment Program Clinical Research LRP, National Institute for Mental Health
Amount	\$33,075
Dates	August 2018 – July 2022
Investigator	PI: <b>Metzger</b>
Title	The Impact of Racial Socialization and Racial Stress on the Association between Childhood Sexual Abuse and Detrimental Outcomes among African American Adolescents
Agency	Owens Institute for Behavioral Research, University of Georgia, Intramural Pilot Grant
Amount	\$5,000
Dates	12/01/2019-11/30-2021
Investigators	PI: Strauss; PI of Diversity Supplement: Ruiz; Co-Is: Carter, McDowell, <b>Metzger</b>
Title	Prodromal Inventory for Negative Symptoms (PINS): A Development and Validation Study on cognitive effort mechanisms of avolition in youth with prodromal syndromes
Agency	National Institutes of Health / National Institute of Mental Health NIH/NIMH Research Supplements to Promote Diversity in Health-Related Research 1R01MH116039-02S1

Amount \$116,282

### **Completed Research Support**

Dates October 2017 – October 2020

Investigators PI: Kogan; Co-I: **Metzger**

Title The Impact of Lifestyle Factors on Rural Youths' Vulnerability to Substance Abuse

Agency Center for Translational and Prevention Science, University of Georgia, Intramural Pilot Grant

Amount \$23,960

Dates September 2015 – September 2020

Investigators PI: Kmett Danielson, Rheingold, de Arellano, Saunders, Ruggiero, Moreland, Lopez; Co-I, Cultural Competence Coordinator, Program Disseminator: **Metzger**

Title Comprehensive HIV and Substance Abuse Prevention Strategies for Ethnic Minority Teens and Emerging Adults in the Charleston Tri-County Area

Agency Substance Abuse and Mental Health Services Administration / Center for Substance Abuse Prevention SAMHSA/CSAP 1U79SP015156; H79 SP 021243-05

Amount \$1,170,000

Dates June 2019 – July 2020

Investigator PI: **Metzger**

Title Childhood Trauma, Racial Socialization, and Clinical Implications for African American Youth

Agency University of Georgia Office of Research Junior Faculty Research Grant in STEM

Amount \$19,993

Dates October 2016 – July 2019

Investigators MPI: Kershaw, Guthrie; PI of Pilot Study: **Metzger**

Title Culturally Enhanced Trauma Treatment to Reduce HIV Risk for African American Youth: Integrating Racial Socialization

Agency National Institute of Mental Health, Research Education Institute for Diverse Scholars (REIDS); Center for Interdisciplinary Research on AIDS' (CIRA); Yale School of Public Health NIH Intramural Pilot Grant 2R25MH087217

Amount \$20,000

Dates October 2015 – December 2018

Investigators PI: Brady; PI of Pilot Study: **Metzger**

Title A Community Based Participatory Research Approach to Reducing Health Disparities in Service Initiation and Engagement following Trauma Exposure

Agency NIH National Center for Advancing Translational Sciences (NCATS), South Carolina Clinical & Translational Research Center for Community Health Partnerships Pilot Grant UL1TR001450

Amount \$10,000

Dates October 2016 - April 2018

Investigators PI: Gilmore; Co-I: **Metzger**

Title Comprehensive Follow-Up Services for Rape Victims

Agency Office of the Attorney General, Victims of Crime Act Program Grants 1V15217 and 1V15175

Amount \$245,383

Dates August 2015 – July 2017

Investigators MPI: Kilpatrick, Danielson; Postdoctoral Fellow: **Metzger**

Title Basic and Translational Research Training in Traumatic Stress Across the Lifespan

Agency National Institute of Mental Health/ National Institute of Health Postdoctoral Research Fellowship T32MH018869-28

Amount \$87,396

Dates August 2013 – August 2014  
 Investigators PI: **Metzger**  
 Title Dissertation Research Grant  
 Agency American Psychological Association (APA)  
 Amount \$10,000

Dates August 2012 – November 2014  
 Investigators PI: **Metzger**  
 Title Profiles of African American College Students' Alcohol Use and Sexual Behaviors: Associations with Stress, Racial Discrimination, and Social **Support**  
 Agency State Doctoral Scholars Program Grant, Southern Regional Education Board  
 Amount \$36,000

### **Submitted Applications for Research Support**

Dates Submitted September 2021  
 Investigators PI: Strait; CoPIs: Gonzalez, Smith, Gist, McQuillin, and Kornbluh; Consultants: Metzger, Wang, Malone, Castro-Olivo, Jones, Kim, Hawthorn  
 Title Development of Empowering Horizons: A Tier II Culturally Responsive School-Based Mental Health Intervention  
 Agency Institute of Education Sciences/ CFDA 84.305A, Topic Eleven: Social and Behavioral Context for Academic Learning. Project Type D: Development and Innovation  
 Amount \$1,998,000 for proposed budget period 09/01/22-08/31/25

Dates Submitted July 2021  
 Investigators PI: Callands; Co-Is: **Metzger**, Rathbun, Hansen, Barkin  
 Title Monitoring Discrimination: The Impact of Microaggressions on Prenatal Mental Health (Resubmission)  
 Agency National Institute of Health / National Institute of Health Exploratory/Developmental Research Grant (R21 - Clinical Trial Not Allowed) / PA-21-235  
 Amount \$416,625 for proposed budget period 4/1/2022 - 3/31/2024

Dates Submitted July 2021  
 Investigators Project PI: Jiaying Liu; Co-Investigator: **Metzger**  
 Title Caution - THC!: Testing Health Warning labels for Cannabis (resubmission)  
 Agency National Institute on Alcohol Abuse and Alcoholism (NIAAA) R01  
 Amount \$746,106 for budget period 7/1/2022 – 6/30/2027

Dates Submitted June 2021  
 Investigators Project PI: Gilmore; Consultant: **Metzger**  
 Title Tailored Personalized Normative Feedback to Reduce College Student Alcohol Use  
 Agency National Institute on Alcohol Abuse and Alcoholism (NIAAA) R01 AA029122-01A1  
 Amount Total Costs: \$3,920,018; 7 days each year (7 days x \$1000 per day = \$7,000 per year) for 5 years of the proposed budget period 4/1/2022 – 3/31/2027

Dates Submitted February 2021. Resubmitting June 2021  
 Investigators Project PI: Gilmore; Consultant: **Metzger**  
 Title Prevention of Suicidal Ideation and Behavior, Substance Use, and Posttraumatic Stress Disorder among High-Risk College Students  
 Agency Substance Abuse and Mental Health Services Administration SAMHSA FOA SM-21-003  
 Amount \$1,000 a year for 5 years of the proposed budget

Dates Submitted June 2021  
 Investigators Project PI: Bauer; Consultant: **Metzger**  
 Title Building a Community-Based Mental Health Literacy Intervention for African American Young Adults  
 Agency National Institute on Mental Health K99-R00 FOA PA-20-187

Amount \$150 a day, up to 3 days a year for the proposed budget period 5/1/2022 - 9/29/2027

Dates Submitted February 2021

Investigators Project PI: Hanson; Consultant: **Metzger**

Title Enhancing Equity, Quality and Impact of evidence-based Practices for Trauma using Technology (EQUIPTT)

Agency Substance Abuse and Mental Health Services Administration SAMHSA FOA SM-21-009

Amount \$500 a day, 5 days a year for the proposed budget period 9/30/2021 - 9/29/2026

Dates Submitted December 2020

Investigators PI: Amal, Davis; Co-Is: Abrams, **Metzger**

Title Managing and Supervising for Equity Consulting Services

Agency Virginia Department of Health Request for Proposals QQ-EVA001 QQ236961

Amount \$20,000

Dates Submitted December 2020

Investigators PI: **Metzger**

Title Treating Interpersonal and Racial Trauma for African American Youth: A Web-Based TF-CBT Platform Integrating Racial Socialization

Agency University of Georgia Faculty Innovation Fellows

Amount \$10,000

Dates Submitted December 2020

Investigators PI: Shaffer; PI of Dissertation Grant: Rodriguez; Co-Is: Lavner, **Metzger**

Title Revision and Validation of the Multidimensional Assessment of Parenting Scale (MAPS) in a Racially and Ethnically Diverse National Sample

Agency National Institutes Of Health / Mental Health Research Dissertation Grant to Enhance Workforce Diversity (R36 Independent Clinical Trial Not Allowed) / PAR-18-894

Amount \$87,092 for proposed budget period 7/1/2021 - 6/30/2023

**Unfunded Applications for Research Support**

Dates Submitted August 2020, Resubmitted March 2021

Investigators PI: Kelleher, Co-PI: **Metzger**

Title Optimizing a Personalized Health Approach for Virtually Treating High-Risk Caregivers During COVID-19 and Beyond

Agency National Institute of Health (NIH) FP00022024

Amount \$164,855 for proposed subaward budget period 5/1/2022 - 4/30/2027

Dates Submitted March 2021

Investigators Project PI: Hampton-Anderson; Advisory Committee, Consultant: **Metzger**

Title Developing a Culturally Informed Stress and Anxiety Intervention Program for Black Youth

Agency Georgia Clinical and Translational Science Alliance – KL2-Mentored Clinical and Translational Research Scholars Program

Amount \$25,000 per year for award period 8/1/2021 - 5/31/2023

Dates Submitted March 2021

Investigator PI: **Metzger**

Title A Web-Based TF-CBT Platform for Black Youth

Agency Owens Institute for Behavioral Research, University of Georgia, BOLD NEW INITIATIVE 2.0 Grant

Amount \$15,000 rapid funding for the budget period 4/1/2021 – 7/1/2021

Dates Submitted August 2020

Investigators PI: **Metzger**

Title Innovation in Treating Interpersonal and Racial Trauma for African American Youth: A Web-Based TF-CBT Platform Integrating Racial Socialization  
 Agency National Institute of Health (NIH) Director’s New Innovator Award Program (DP2) RFA-RM-20-012  
 Amount \$1,500,000 for proposed budget period 8/15/2021 - 6/30/2026

Dates Submitted June 2018  
 Investigators PI: Callands; Co-I: **Metzger**  
 Title Fulton County Board of Health (FCBOH) for Project STEER (Strengthening Teen Engagement, Empowerment, and Resilience)  
 Agency US Department of Health & Human Services, Office of Adolescent Health CFDA #93.297  
 Amount Approved, Unfunded Amount: \$262,650

**Funded Applications for Teaching Support**

Dates December 2019  
 Instructor PI: **Metzger**  
 Course Title Psyc 3150. African American Psychology  
 Agency Franklin College of Arts and Sciences Office of Inclusion and Diversity Leadership Innovation in Multicultural Curriculum Development  
 Amount \$2,500

Dates December 2018  
 Instructor PI: **Metzger**  
 Course Title Psyc 5100. Seminar in Psychology: Psychology of Multicultural and Marginalized Groups  
 Agency Franklin College of Arts and Sciences Office of Inclusion and Diversity Leadership Innovation in Multicultural Curriculum Development  
 Amount \$2,500

**HONORS AND AWARDS**

2021 Outstanding Contribution to Trauma Psychology by an Early Career Psychologist, APA Division 56- Trauma Psychology, American Psychological Association  
 2021 Francis C. Sumner Excellence ABCT Award in Recognition of Innovative Health Disparities Research, Award-Winning Teaching History, and Contributions to University and Professional Service, Association for Behavioral and Cognitive Therapies  
 2021 Research Award in Recognition of Creativity and Leadership on Research Studies that Contribute Meaningfully to Clinical Science, Clinical Psychology Program, University of Georgia  
 2020 Distinguished Scholar Distinction - Major Accomplishments in Securing Substantial Extramural Funding as a Principal Investigator, Owens Institute for Behavioral Research, University of Georgia  
 2020 Clinical Award for Outstanding Supervision, Clinical Psychology Program, University of Georgia  
 2019, 2021 Recognized as “Faculty who had a Significant, Positive Impact on the Career Decision-Making Process of a Graduate”, Career Center, University of Georgia  
 2019 Certificate in Diversity & Inclusion, University of Georgia, Office of Institutional Diversity  
 2019 Faculty Mentor of the Year, University of Georgia, Ronald E. McNair Post-Baccalaureate Program  
 2019 A Common Call Regional Faculty Conference Grant, Faculty Commons, University of Georgia  
 2019 APA Journals Article Spring Spotlight, American Psychological Association  
 2018 Leadership Innovation in the Franklin Multicultural Curriculum, University of Georgia  
 2018 Teaching Award for Outstanding Instruction, Clinical Psychology Program, University of Georgia  
 2017 Early Career Fellow, Owens Institute of Behavioral Research, University of Georgia  
 2017 Mentored Fellow, Center for Translational and Prevention Science (P30DA027827), University of Georgia  
 2017 40 Under 40 Leaders in Health, National Minority Quality Forum  
 2016 Research Education Institute for Diverse Scholars (REIDS), Yale University  
 2016 APA Health Equity Ambassador, Health Disparities Initiative  
 2016 Community Engaged Scholars Program Inductee, Medical University of South Carolina  
 2015 APA Dissertation Research Grant, American Psychological Association

2013	State Doctoral Scholars Program Dissertation Grant, Southern Regional Education Board
2013	Nora and William Smith Endowed Fellowship, University of South Carolina
2013	Laura Griffin Graduate Research Grant, University of South Carolina
2013	Exemplary Award for Outstanding Service, University of South Carolina
2012	Graduate Student Research Award, University of South Carolina
2012	Preparing Future Faculty (PFF) Credential, Center for Teaching Excellence, University of South Carolina
2011	Gamecock Scholars Academic Scholarship, University of South Carolina
2010	Continuing Graduate Incentive Fellowship, University of South Carolina
2010	FORD Foundation Predoctoral Fellowship Program, Honorable Mention
2009	Graduate Incentive Fellowship, University of South Carolina

**PEER-REVIEWED MANUSCRIPTS**

\*indicates papers co-authored with mentored student

**Complete List of Published Works:**MyBibliography <https://www.ncbi.nlm.nih.gov/myncbi/1hC7ttoeka6Ib8/bibliography/public/>ORCID Open Researcher and Contributor ID <https://orcid.org/0000-0002-4471-8431>

1. Gilmore, A. K., Moreland, A. D., Leone, R. M., Goodrum, N. M., Metzger, I. W., Are, F., & Lopez, C. (in press). Women-led research support groups to bolster success in academia during social and historic change. *The Behavior Therapist*.
2. Anderson, R., Jones, S. C. T., **Metzger, I.**, Saleem, F., Anyiwo, N., Nisbeth, K., Bess, K., Resnicow, K., & Stevenson, H. (2021). Interrupting the pathway from discrimination to psychological outcomes: The contribution of racial worries and racial socialization competency. *Child Development*. <http://doi.org/10.1111/cdev.13607>
3. Anderson, R., **Metzger, I.**, Applewhite, K., Sawyer, B., Jackson, W., Flores, S., McKenny, M., & Carter, R. (2020). Hands Up, Now What?: Black Families' Reactions to Racial Socialization Interventions to Reduce Racial Stress for Black Youth. *Journal of Youth Development*. 93-109. <https://doi.org/10.5195/jyd.2020.755>
4. Bountress, K. E., Gilmore, A.K., **Metzger, I.W.**, Aggen, S.H., Tomko, R.L., Danielson, C.K., Williamson, V., Vladimirov, V., Ruggiero, K., & Amstader, A.B. (2020). The impact of disaster exposure severity: Cascading effects across parental distress, adolescent PTSD symptoms, and parent-child conflict and communication. *Social Science & Medicine*. <https://doi.org/10.1016/j.socscimed.2020.113293>. PMID: PMC7689632.
5. Ritchwood, T., Malo, V., Jones, C., **Metzger, I.**, Atujuna, M., Marcus, R., Conserve, D., Handler, L., & Bekker, L. G. (2020). Healthcare retention and clinical outcomes among adolescents living with HIV after transition from pediatric to adult care: a systematic review. *BMC Public Health*. <https://doi.org/10.1186/s12889-020-09312-1>. PMID: PMC7398377.
6. **Metzger, I.**, Anderson, R., Are, F., & Ritchwood, T. (2020). Healing interpersonal and racial trauma: Integrating Racial Socialization into TF-CBT for African American Youth. *Child Maltreatment*. <https://doi.org/10.1177/1077559520921457>. PMID: 32367729.
7. **Metzger, I.**, Cooper, S., Griffin, C. B., Golden, A., Opara, I., & Ritchwood, T., (2020). Parenting Profiles of Academic and Racial Socialization: Associations with Academic Engagement and Perception of Academic Ability of African American Adolescents. *Journal of School Psychology*.82;36-48. <https://doi.org/10.1016/j.jsp.2020.07.001>. PMID: 32988462.
8. Opara, I., Lardier Jr. D.T., **Metzger, I.**, Herrera, A., Franklin, L., Garcia-Reid, & Reid R. J., (2020). "Bullets have no names": A qualitative exploration of community trauma. *Journal of Child and Family Studies*. <https://doi.org/10.1007/s10826-020-01764-8>.



9. Jones, S. T., Anderson, R., & **Metzger, I.**, (2020). “Standing in the Gap”: The continued importance of culturally competent therapeutic interventions for Black youth. *Evidence-Based Practice in Child & Adolescent Mental Health*. <https://doi.org/10.1080/23794925.2020.1796546>.
10. Griffin, C. B., Gray, D., Hope, E., **Metzger, I.**, & Henderson, D. X. (2020). Do Coping Responses and Racial Identity Promote School Engagement Among Black Youth? Using an Equity-Elaborated Social-Emotional Learning Lens. *Urban Education*. <https://doi.org/10.1177/0042085920933346>.
11. Salami, T., Lawson, E., & **Metzger, I.**, (2020). The Impact of Microaggressions on African American College Students’ Worry about Their Future Employment: The Moderating Role of Campus Support and GPA. *Cultural Diversity and Ethnic Minority Psychology*. <https://doi.org/10.1037/cdp0000340>. PMID: 32323997
12. Opara, I., Assan, M.A., Pierre, K., Gunn, J III., **Metzger, I.**, Hamilton\* J., & Arugu, E. (2020). Suicide among Black Children: An Integrated Model of the Interpersonal-Psychological Theory of Suicide and Intersectionality Theory for Researchers & Clinicians. *Journal of Black Studies*. <https://doi.org/10.1177/0021934720935641>.
13. Griffin, C. B., **Metzger, I.**, Halliday-Boykins, C., & Salazar, C. (2020). Racial Fairness, School Engagement, and Discipline Outcomes in African American High School Students: The Important Role of Gender. *School Psychology Review*. <https://doi.org/10.1080/2372966X.2020.1726810>.
14. Henderson, D., Jones, J., McLeod, K., Jackson, K., Lunsford, A., & **Metzger, I.** (2020). A Phenomenological Study of Racial Harassment in School and Emotional Effects the Retrospective Accounts of Older Black Adolescents. *The Urban Review*. 1-24. <https://doi.org/10.1007/s11256-020-00551-5>.
15. Jones, S., Anderson, R., Gaskin-Wasson, A., Sawyer, B. Applewhite, K., & **Metzger, I.**, (2020). From “Crib to Coffin”: Navigating Coping from Racism-Related Stress throughout the Lifespan of Black Americans. *American Journal of Orthopsychiatry* , 90(2), 267. <https://doi.org/10.1037/ort0000430>. PMID: 32105125
16. Cooper, S. M., **Metzger, I.**, Georgeson, A., Golden, A. R., Burnett, M., & White, C. N. (2019). Communicative Support and Parental Knowledge among African American Residential Fathers: Longitudinal Associations with Adolescent Substance Use. *Journal of Child and Family Studies*, 28(12), 3433-3445. <https://doi.org/10.1007/s10826-019-01525-2>.
17. Stewart, R. W., Orengo-Aguayo, R., Wallace, M., **Metzger, I. W.**, & Rheingold, A. A. (2019). Leveraging Technology and Cultural Adaptations to Increase Access and Engagement among Trauma-Exposed African American Youth: Exploratory Study of School-Based Telehealth Delivery of Trauma-Focused Cognitive Behavioral Therapy. *Journal of Interpersonal Violence*. <https://doi.org/10.1177/0886260519831380>. PMID: 30827141.
18. **Metzger, I.**, Salami, T., Carter, S., Halliday-Boykins, C. A., Anderson R. E., Jernigan, M. M., & Ritchwood, T. (2018). African American Emerging Adults’ Experiences with Racial Discrimination and Drinking Habits: The Moderating Roles of Perceived Stress. *Cultural Diversity and Ethnic Minority Psychology*. <https://doi.org/10.1037/cdp0000204>. PMID: 29975077.
19. Williams, M. T., **Metzger, I. W.**, Leins, C., & DeLapp, C. (2018). Assessing racial trauma within a DSM–5 framework: The Uconn Racial/Ethnic Stress & Trauma Survey. *Practice Innovations*, 3(4), 242-260. <https://doi.org/10.1037/pri0000076>.
20. Ritchwood, T., **Metzger, I.**, Powell, T., Vander Schaff, E., Wynn, M., Zhou, W., Lin, F., Corbie-Smith, G., & Akers, A. (2018). How Does Pubertal Development Impact Caregiver-Adolescent Communication about Sex in Rural, African American Families? An Examination of Mediation Effects. *Journal of Early Adolescence*, 39(8), 1129-1153. <https://doi.org/10.1177/0272431618806054>.
21. Jaffe, A. E., Bountress, K. E., **Metzger, I. W.**, Maples-Keller, J. L., Pinsky, H. T., George, W. H., & Gilmore, A. K. (2018). Student Engagement and Comfort During a Web-Based Personalized Feedback Intervention for Alcohol and Sexual Assault. *Addictive Behaviors*, 82, 23-27. <https://doi.org/10.1016/j.addbeh.2018.02.020>. PMID: 29477903.

22. Apatu, E., Hamadi, H., Abrams, J., **Metzger, I.**, & Spaulding, A. (2018). Association between Hospital Community Services and County Population Health in the United States. *Journal of Public Health*. <https://doi.org/10.1093/pubmed/fdy007>. PMID: 29385498.
23. Walker, J. H., Bountress, K. E., Calhoun, C. D., **Metzger, I. W.**, Adams, Z. W., Amstadter, A., Thomas, S. & Danielson, C. K. (2018). Impulsivity and Comorbid PTSD-Binge Drinking. *Journal of Dual Diagnosis*. <https://doi.org/10.1080/15504263.2018.1439212>. PMID: 29505396.
24. Golden, A. R., Griffin, C. B., **Metzger, I.**, & Cooper, S. M. (2018). School Racial Climate and Academic Outcomes in African American Adolescents: The Protective Role of Peers. *Journal of Black Psychology*, *44*, 47-73. <https://doi.org/10.1177/0095798417736685>
25. Neilson, E. C., Bird, E. R., **Metzger, I.**, George, W. H., Norris, J., & Gilmore, A. K., (2018). Understanding Sexual Assault Risk Perception in College: Associations among Sexual Assault History, Drinking to Cope, and Alcohol Use. *Addictive Behaviors*, *78*, 178-186. <https://doi.org/10.1016/j.addbeh.2017.11.022>. PMCID: PMC5783734
26. **Metzger, I.**, Blevins, C., Calhoun, C., Ritchwood, T., Gilmore, A., Stewart, R., Bountress, K. (2017). An Examination of the Impact of Maladaptive Coping on the Association between Stressor Type and Alcohol Use in College. *Journal of American College Health*, *65*, 534-541. <https://doi.org/10.1080/07448481.2017.1351445>. PMCID: PMC6134834.
27. Ritchwood, T.D., Powell, T. W., **Metzger, I. W.**, Dave, G., Corbie-Smith, G., Atujuna, M., Vander Schaaf, E., Wynn, M., Lin, F., Zhou, W., & Akers, A.Y. (2017). Understanding the Relationship between Religiosity and Caregiver-Adolescent Communication about Sex within African-American Families. *Journal of Child and Family Studies*, *26*, 2979-2989. <https://doi.org/10.1007/s10826-017-0810-9>. PMCID: PMC5673470.
28. Griffin, C. B., Cooper, S. M., **Metzger, I.**, Golden, A., & White, C. N. (2017). School Racial Climate and the Academic Achievement of African American High School Students: The Mediating Role of School Engagement. *Psychology in the Schools*, *54*, 673-688. <https://doi.org/10.1002/pits.22026>.
29. Bountress, K., **Metzger, I.**, Maples-Keller, J., & Gilmore, A. (2017). Reducing Sexual Risk Behaviors: Secondary Analyses from a Randomized Controlled Trial of a Brief Web-Based Alcohol Intervention for Underage, Heavy Episodic Drinking College Women, *Addiction Research & Theory*, *25:4*, 302-309. <https://doi.org/10.1080/16066359.2016.1271416>. PMCID: PMC5395250.
30. **Metzger, I.**, Cooper, S. M., Ritchwood, T. D., Onyeuku, C., & Griffin, C. B. (2017). Profiles of African American College Students' Alcohol Use and Sexual Behaviors: Associations with Stress, Racial Discrimination, and Social Support. *The Journal of Sex Research*, *54(3)*, 374-385. <https://doi.org/10.1080/00224499.2016.1179709>. PMCID: PMC5373031.
31. Ritchwood, T.D., DeCoster, J, **Metzger, I.**, Bolland, J., & Danielson, C.K. (2016). Does it Really Matter which Drug you Choose? An Examination of the Influence of Type of Drug on Type of Risky Sexual Behavior. *Addictive Behaviors*, *60*, 97-102. <https://doi.org/10.1016/j.addbeh.2016.03.022>. PMCID: PMC4884511.
32. Stewart, R.W., Tuerk, P.W., **Metzger, I.**, Davidson, T.M., & Young, J. (2016). A Decision Tree Approach to the Assessment of Posttraumatic Stress Disorder: Engineering Empirically Rigorous and Ecologically Valid Assessment Measures. *Psychological Services*, *13*, 1-9. <https://doi.org/10.1037/ser0000069>. PMCID: PMC5312769.
33. Andrews III, A. R., Jobe-Shields, L., López, C. M., **Metzger, I. W.**, de Arellano, M. A., Saunders, B., & Kilpatrick, D. G. (2015). Polyvictimization, Income, and Ethnic Differences in Trauma-Related Mental Health During Adolescence. *Social psychiatry and psychiatric epidemiology*, *50(8)*, 1223-1234. <https://doi.org/10.1007/s00127-015-1077-3>. PMCID: PMC4521986.
34. Cooper, S.M., Smalls-Glover, C., **Metzger, I.**, & Brown, C. (2015). African American Fathers' Racial Socialization Patterns: Associations with and Racial Identity Beliefs and Discrimination Experiences. *Family Relations*, *64*, 278-290. <https://doi.org/10.1111/fare.12115>.

35. Cooper, S.M., White-Johnson, R., Brown Griffin, C., **Metzger, I.**, Avery, M., Eaddy, H., Shephard, C., & Guthrie, B. (2015). Community Involvement and Reduced Risk Behavior Engagement among African American Adolescents: The Mediating Role of Empowerment Beliefs. *Journal of Black Psychology*, *41*, 415-437. <https://doi.org/10.1177/0095798414536225>.
36. Cooper, S. M., Brown, C., **Metzger, I.**, Clinton, Y., & Guthrie, B. (2013). Racial Discrimination and African American Adolescents' Adjustment: Gender Variation in Family and Community Social Support, Promotive and Protective Factors. *Journal of Child and Family Studies*, *22*(1), 15-29. <https://doi.org/10.1007/s10826-012-9608-y>
37. **Metzger, I.**, Cooper, S. M., Flory, K., & Zarrett, N. (2013). Culturally Sensitive Risk-Behavior Prevention Programs for African American Adolescents: A Systematic Analysis. *Clinical Child and Family Psychology Review*, *16*, 187-212. <https://doi.org/10.1007/s10567-013-0133-3>. PMID: 23660972.
38. Guthrie, B. J., Cooper, S. M., Brown, C., & **Metzger, I.** (2012). Degrees of Difference among Minority Female Juvenile Offenders' Psychological Functioning, Risk Behavior Engagement, and Health Status: A Latent Profile Investigation. *The Journal of Health Care for the Poor and Underserved*, *23*, 204-225. <https://doi.org/10.1353/hpu.2012.0016>. PMID: 22643472.
39. Williams, R. S., Terry, N. P., & **Metzger, I.**, (2012). Kid Categories: A Comparison of the Category Productions of LSES and MSES Elementary School Children. *Communication Disorders Quarterly*, *34*, 71-8. <https://doi.org/10.1177/1525740112460368>.
40. Cooper, S.M., Guthrie, B.J., Brown, C.L., & **Metzger, I.** (2011). Daily Hassles and African American Adolescent Females' Psychological Functioning: Direct and Interactive Associations with Gender Role Orientation. *Sex Roles*, *65*, 397-409. <https://doi.org/10.1007/s11199-011-0019-0>.

## BOOK CHAPTERS

---

1. Turner, E., Jernigan-Noesi, M., & **Metzger, I.** (in press, 2021). *Confronting Anti-Black Racism and Promoting Social Justice: Applications through Social Media*. in "Making Black Lives Matter: Confronting Anti-Black Racism. Cognella Academic Publishing." San Diego, CA

## MANUSCRIPTS SUBMITTED OR UNDER REVISION

---

1. **Metzger, I.**, Moreland, A., Garrett, R., Quiones, K., Spivey, B., Hamilton, J., & Lopez, C. M. (under review, 9/6/2021). A Qualitative Approach to Understanding Ethnic Differences in Service Utilization at a Children's Advocacy Center Following Childhood Abuse. *Child Abuse & Neglect*.
2. Kwon, E., Kogan, S., & **Metzger, I.**, (under review, 6/2/2021). Racial discrimination and conduct problems among Black youth: The protective influence of ethnic racial socialization. *Clinical Psychological Science*.
3. Thapa, J. & **Metzger, I.**, (under review, 5/23/2021). Does the School Climate Impact Physical Activity among High School Girls and Boys? *School Psychology Review*.
4. Henderson, D. X., Bond, G. D., **Metzger, I.**, Griffin, C., Lee, A. K., Corneille, M., Sisneros, C., % Solis-Perez, F., (submitted 6/7/2021). Write it all Away: The Value of Writing on Emotional Regulation in remembering Adverse Racial Experiences from School. *Emotion*.
5. Rodriguez, V.J., La Barrie, D., Swygert, L.M., Spivey, B., Zegarac, M., & **Metzger, I.\*** (submitted 2/25/2021). Racism and COVID-19: How Parents Can Help Black Children and Adolescents Cope During a Double Pandemic. *Journal of Family Psychology*
6. Henderson, D. X., Bond, G. D., Lozada, F. T., **Metzger, I.**, Solis-Perez, F., & Sisneros, C., (Submitted 6/10/2020). Exploring language style and meaning making among racially diverse participant's accounts of school racial stressors. *The American Psychologist*.
7. Gilmore, A. K., Leone, R., Oesterle, D., Kota. K. K., **Metzger, I.**, Ramakrishnan, V., Kaysen, D., Orchowski, L., & Davis, K. C. (Submitted 3/20/2020). Alcohol and Sexual Assault: Differences Based on Gender and Sexual Orientation. *Psychology of Violence*.

- Gilmore, A. K., Leone, R., Oesterle, D., Kota, K. K., **Metzger, I.**, Ramakrishnan, V., Kaysen, D., Orchowski, L., & Davis, K. C. (Revise and resubmit 8/18/2020). Alcohol is Associated with Sexual Assault Victimization in College among All Genders and Sexual Orientations. Brief Report, *Addictive Behaviors*.

### MANUSCRIPTS IN PREPARATION

---

- Davenport, M., Hart, A., Metzger, I., Anderson, R., Saleem, F., (in preparation). Racial Socialization and Sleep.
- Boykin-Halliday C., Andrews, A., **Metzger, I.**, Salami, T. K., Danielson, C., K., Saunders, B. E., & Kilpatrick, D. G. (reject & resubmit). Gender Differences in the Effects of Potentially Traumatic Experiences on Adolescents' Alcohol and Delinquency Outcomes: The Role of Ethnicity. *Journal of Interpersonal Violence*.
- Salami, T. K., Andrews, A., **Metzger, I.**, de Arellano, M., Saunders, B., & Kilpatrick, D. G. (revise & resubmit). Racial differences in perceived neighborhood threat on post-trauma symptoms: The preceding role of hyperarousal. *Journal of Youth and Adolescence*.
- Abboud, S., **Metzger, I.**, Koo, K., McKenny, M., & Brawner, B., (reject & resubmit). Intersectionality of Ethnic Identity, Emotion Regulation, and Gender Roles among Black Adolescents with Mental Illnesses. *Ethnicity & Health*.
- Metzger, I.**, Kogan, S., Brody, G., (in preparation). The Impact of Racial Socialization and Racial Stress on the Association between Childhood Sexual Abuse and Detrimental Outcomes among African American Adolescents.
- Metzger, I.**, Moreland, A., Danielson, C.K., de Arellano, M., & Garrett, R., (in preparation). Does Race Matter in Treatment Engagement? A Quantitative Approach to Examining Service Utilization in a Children's Advocacy Center.

### INTERNATIONAL CONFERENCE PRESENTATIONS

---

- Metzger, I.**, Anderson, R., Varner, F., Banerjee, M., Witherspoon, D., & Minor, K., (2020). Racial Socialization in TF-CBT to Promote Healing for Black Youth: Application of the ADAPT-ITT Model. Paper Symposia. Resiliency in multiple contexts for ethnic minority populations: Considerations for schools, families and clinicians. 26th Biennial Meeting of the International Society for the Study of Behavioral Development (ISSBD) in Island of Rhodes, Greece.
- Metzger, I.**, Anderson, R., Are, F., & Ritchwood, T (2020). Healing Interpersonal and Racial Trauma: Integrating Racial Socialization into TF-CBT for African American Youth. Paper Presentation. Society for Research on Child Development 2020 Special Topic Meeting: Construction of the 'Other': Development, Consequences, and Applied Implications of Prejudice and Discrimination. Rio Grande, Puerto Rico.
- Metzger, I.**, & Moreland, A., (2019). *A Mixed Methods Approach to Understanding Ethnic Differences in Service Utilization at a Children's Advocacy Center Following Childhood Abuse*. Paper Presentation. Mixed Methods Research Regional Conference. Port of Spain, Trinidad.
- Abrams, J., Brawner, B., **Metzger, I.**, Amutah-Onukagha, N., & Lanier, Y. (2018). *Developing and Implementing Innovative Interventions and Approaches for Addressing HIV Disparities*. Research Symposium. International Congress of Behavioral Medicine. Santiago, Chile.
- Metzger, I.**, (2018). *From Understanding to Action: Reducing Sexual Risk among Ethnic Minority Youth through Culturally Sensitive Trauma Treatment Modification*. Paper Presentation. Association of Black Sexologists and Clinicians International Lecture Series. Prague, Czech Republic.
- Danielson, C. K., Adama, Z., Franz, A., **Metzger, I.**, & Ruggiero, K. (2017). *Alpha and beta testing of an HIV and substance abuse prevention mobile health application for teens who experience interpersonal violence: the eHEARTT toolkit*. Paper Presentation. International Aids Society Conference on HIV Science. Paris, France.
- Metzger, I.** & Cooper, S. M. (2012). *Parenting Profiles of Academic and Racial Socialization: Associations with Academic Engagement and Perception of Academic Ability of African American Adolescents*. Poster Presentation. Society for Research on Adolescence Biennial Meeting. Vancouver, BC, Canada.
- Metzger, I.**, Cooper, S., Brown, C., Avery, M., & Eaddy, H., (2011). *African American Fathers' Racial Identity and Experiences with Discrimination: Implications for Racial Socialization Practices*. Poster Symposium. Society for Research in Child Development, Montreal, Quebec, Canada.
- Eaddy, H., Cooper, S., & **Metzger, I.**, (2011). *An Exploration of African American Fathers' Racial Socialization of their Adolescent Daughters*. Poster Symposium. Society for Research in Child Development, Montreal, Quebec, Canada.

### INVITED TALKS

---

1. **Metzger, I.** (invited, November 2021). Research and Practice Innovations in Healing Interpersonal & Racial Trauma: Culturally Sensitive Community Mental Health Services for Black Youth and Families. University of Cincinnati, Department of Psychology, Clinical Psychology Colloquium Series, Cincinnati, OH.
2. **Metzger, I.** (invited, 2021). The Importance of Racial Socialization for Black Youth. Part 2: Multi Series Live Webinar Event: Culturally Affirming Cognitive Behavioral Therapy to Heal Interpersonal and Racial Trauma. Association for Behavioral and Cognitive Therapies (ABCT).
3. Youn, S. J., & **Metzger, I.** (invited, 11/5/2021). *Mental health disparities in research and practice*. Special Plenary and Structured Discussion. North American Society for Psychotherapy Research. NASPR Virtual Conference: Socially Responsive Psychotherapy Research: Navigating the Challenges of our Time.
4. **Metzger, I.** (2021). *Racism Hurts Too: Cultural Considerations in TF-CBT for Black Youth & Families*. Virtual ½ day Workshop. New York State Children's Alliance (NYSCA). National Children's Alliance Leadership Conference.
5. **Metzger, I.** (2021). Clinical Psychology Students and their Clients: Interpersonal and Racial Stress and Trauma. Auburn University Department of Psychological Sciences, Human Development and Family Sciences, Diversity & Inclusion Speaker Series, Auburn, AL.
6. **Metzger, I.** (2021). Rosecrans Address Honoring Incoming President Rihana Mason. Resilience through Racial Socialization: A Program of Research to Promote Healing for Black Youth. Opening Speaker. 67<sup>th</sup> Annual Meeting of the Southeastern Psychological Association.
7. **Metzger, I.** (2021). *Treating Racial Stress and Trauma*. San Diego International Conference on Child and Family Maltreatment. Chadwick Center for Children & Families at Rady Children's Hospital. Children's Advocacy Center Track Invited Talk. San Diego, California.
8. **Metzger, I.** (2021). *Research on Racial Trauma and Racial Socialization*. MUSC Intern Teleconference Didactic Seminar Series Coordinated by Tatiana Davidson. Medical University of South Carolina. Charleston Consortium Internship Program. Charleston, SC.
9. **Metzger, I.** (2020). *Healing Interpersonal and Racial Trauma: Integrating Racial Socialization into Cognitive Behavioral Therapy for African American Youth*. Association for Behavioral and Cognitive Therapies. Invited Talk. Special Interest Group Meeting Child Maltreatment and Interpersonal Violence.
10. **Metzger, I.** (2020). Healing Interpersonal & Racial Trauma: Cultural Considerations in TF-CBT for Black Children & Families. National Children's Alliance National Leadership Virtual Conference, The Force Behind Children's Advocacy Centers: 'One Voice, Stronger'.
11. **Metzger, I.** (2020). *Application of the ADAPT-ITT Model: Trauma Focused Cognitive Behavioral Therapy Using PRACTICE and Integrating Racial Socialization for African American youth*. Qualitative Research Design Group. Yale University School of Public Health. New Haven, CT.
12. Bountress, K.E., Gilmore, A. K., **Metzger, I.**, Aggen, S. H., Tomko, R. L., Kmett Danielson, C., Williamson, V., Valdmirov, V., Gelernter, J., Ruggiero, K., & Amstadter, A. B., (2019). *The Impact of Severity of Disaster Exposure: Cascading Effects across Parental Distress, Adolescent PTSD Symptoms, and Parent-Child Conflict and Communication*. International Society for Traumatic Stress Studies Annual Meeting. Boston, MA.
13. Griffin, C. B., Gray, D. L., Hope, E. C., **Metzger, I.**, Henderson, D. X. (2019). Does coping and racial identity promote school engagement? Using an equity-elaborated social-emotional learning lens. Paper Presentation. American Educational Research Association Annual Meeting in San Francisco, CA.
14. **Metzger, I.** (2019). *Understanding and Improving the Mental and Behavioral Health Outcomes of Interpersonal and Racial Stress for African American Youth*. Spring Colloquium. Winston-Salem State University, Department of Psychological Sciences. Winston-Salem, NC.
15. **Metzger, I.**, (2018). *An Integrative Basic and Applied Science Approach to Understanding & Improving Behavioral & Mental Health Outcomes for Trauma Exposed African American Youth*. Research Seminar in Health Promotion and Behavior. University of Georgia, Department of Public Health. Athens, GA.
16. **Metzger, I.** (2018). *From Understanding to Improving: African American College Students' Mental Health Outcomes*. Georgia African American Male Experience (GAAME) Weekend Academic Lecture, Office of Institutional Diversity, University of Georgia. Athens, GA.
17. **Metzger, I.** (2018). *Reducing Disparities in Mental Health Outcomes among African American Youth: An Integrative Risk and Resilience Perspective*. Clinical Psychology Colloquium Series. Invited Talk. Purdue University. West Lafayette, IN.
18. **Metzger, I.** (2017). *Risk and Resilience: Mental Health Disparities in Underserved Student Populations*. Dialogues in Diversity Series, Office of Institutional Diversity, University of Georgia. Athens, GA.

19. Burnley, J., Jimenez-Fuentes, G., **Metzger, I.**, Patel, U., & Smith, C. (2017). *Discussions on Diversity, Equity, and Inclusion*. AACC Fall 2017 Advisor Workshop, Academic Advising Coordinating Council, University of Georgia. Athens, GA.
20. **Metzger, I.** (2017). *Health Disparities Associated with Trauma Exposure and Treatment*. Medical University of South Carolina Fall Research Meeting. Invited Talk. Charleston, SC.
21. **Metzger, I.** (invited, 2017). *Reducing Disparities in Mental Health Outcomes among African American Youth*. Medical University of South Carolina Spring Research Meeting. Invited Talk. Charleston, SC.
22. **Metzger, I.** (2016). *Why Use Community Based Participatory Research? Examples from Culturally Specific Program Evaluation and Treatment Modification*. Medical University of South Carolina Fall Research Meeting. Invited Talk. Charleston, SC.

## NATIONAL PRESENTATIONS

---

1. Nguyen, J. K., Hart, A., Swygert, L., Spivey, B.N., **Metzger, I.W.**, & Beach, S., (Accepted). Racial discrimination, racial identity, racial socialization, and depressive symptoms among Black youth: a moderated-meditation model. Poster accepted to the 37th Annual Meeting of the International Society for Traumatic Stress Studies (ISTSS) Annual Meeting, Virtual.
2. **Metzger, I.** (2021). *Research Innovations in Healing Interpersonal & Racial Trauma*. National Children's Alliance National Leadership Virtual Conference, The Force Behind Children's Advocacy Centers: 'The Power of Us'. Recorded Workshop and Live Q&A.
3. Dworkin, E., Ruzek, J., Cordova, M., Garcia, N., **Metzger, I.**, Watson, N., Fitzpatrick, S., & Bedard-Gilligan, M., (submitted, 2021). *Adapting a brief dyadic early intervention to reflect the needs of survivors of sexual assault and their supporters*. International Society for Traumatic Stress Studies Annual Meeting. Virtual Symposium.
4. **Metzger, I.**, (accepted, 2021). *Healing Interpersonal & Racial Trauma: Cultural Considerations for Integrating Racial Socialization in TF-CBT for Black Children & Families*. Association for Cognitive and Behavioral Therapies 55th Annual Meeting. Traditional Workshop 1005205. New Orleans, LA.
5. Wiley, B., Grasseti, S., & **Metzger, I.**, Spivey, B.\* (submitted, not accepted 2021). *Recruitment Strategies for Underrepresented Graduate Level Psychology Students*. Association for Cognitive and Behavioral Therapies 55<sup>th</sup> Annual Meeting. Panel. New Orleans, LA.
6. Cevasco, M., Dean, K., **Metzger, I.**, Orengo-Aguayo, R., & Shipherd, J. C. (2021). In S. N. Hellberg & C. D. Calhoun (Moderators), *Moving Towards Culturally Informed and Anti-Oppressive, Trauma-Focused Care*. Roundtable accepted to the Association for Cognitive and Behavioral Therapies 55th Annual Convention, New Orleans, LA.
7. **Metzger, I.**, Cohen, J., Kinnish, K., Ramos, N., Bath, E., & Hicks-Black, M. (2021). Young, Black, and Queer: Addressing Intersectional Identities in Trauma and Resilience Interventions. Clinical Perspectives Symposium Presentation. *Healing at the Intersection of Interpersonal and Racial Trauma: Cultural Considerations for Trauma Focused CBT with Black Youth*. Co-sponsored by the Sexual Orientation & Gender Identities Issues Committee (SOGIIC) and Child Maltreatment & Violence (CMV) Committees. American Academy of Child & Adolescent Psychiatry Annual Meeting. Atlanta, GA.
8. Mekawi, Y., **Metzger, I.**, Anderson, R., McKenna, B., Watson-Singelton, N., Carter, S., Lott, A., & Michopoulos, V. (2020). What does race have to do with it? Toward a comprehensive understanding of racial discrimination and stress-related health outcomes for African Americans. International Society for Traumatic Stress Studies Annual Meeting. Virtual Symposium.
9. Bernard, D., **Metzger, I.**, Anderson, R., & Williams, M. (2020). *Towards Improving Racial Trauma Treatment: A Qualitative Approach to Understanding Barriers and Facilitators to Service Utilization at a Children's Advocacy Center*. Identifying Barriers and Mechanisms for the Treatment of Racial Trauma among Black Communities: Implications for Bridging Science and Practice. International Society for Traumatic Stress Studies Annual Meeting. Virtual Symposium.
10. **Metzger, I.**, (2019). *Application of the ADAPT-ITT Model: TF-CBT Using PRACTICE and Integrating Racial Socialization*. International Society for Traumatic Stress Studies Annual Meeting. Boston, MA.
11. Bountress, K.E., Gilmore, A. K., **Metzger, I.**, Aggen, S. H., Tomko, R. L., Kmett Danielson, C., Williamson, V., Valdmirov, V., Gelernter, J., Ruggiero, K., & Amstadter, A. B., (2019). *The Impact of Severity of Disaster Exposure: Cascading Effects across Parental Distress, Adolescent PTSD Symptoms, and Parent-Child Conflict and Communication*. International Society for Traumatic Stress Studies Annual Meeting. Boston, MA.

12. Griffin, C. B., Gray, D. L., Hope, E. C., **Metzger, I.**, Henderson, D. X. (2019). Does coping and racial identity promote school engagement? Using an equity-elaborated social-emotional learning lens. Paper Presentation. American Educational Research Association Annual Meeting in San Francisco, CA.
13. **Metzger, I.**, Spivey, B.\*, & Swygert, L.\* (2019). *The Moderating Roles of Perceived Stress on African American Emerging Adults' Experiences with Racial Discrimination and Drinking Habits*. Association for Cognitive and Behavioral Therapies Annual Meeting. Poster Presentation. Black American Research & Behavioral Therapy Special Interest Group Expo. Atlanta, Ga.
14. **Metzger, I.**, Anderson, R. E., Jones, S. C. T., Henderson, D., Griffin, C., & Applewhite, K. (2019). *"Levels to this": Family, School, & Community Protecting Black Youth from Racial Stress & Trauma*. Collaborative Symposium (Divisions 9, 27, 45, and 53). American Psychological Association Conference, Chicago, IL.
15. **Metzger, I.**, Garrett, R. J., Reese, K., Weimer, H., Reid-Quiniones, K., Kmett Danielson, C., de Arellano, M., & Swiecicki, C. (2017). *Ethnic Differences in Service Attrition Following Trauma Exposure: Utilizing Retrospective Chart Review and Key Informant Interviews*. Association for Cognitive and Behavioral Therapies Annual Meeting. Poster Presentation. San Diego, CA.
16. Griffin, C., & **Metzger, I.** (2017). *School Racial Climate, School Suspensions, and Office Discipline Referrals: The Mediating Role of Classroom Engagement*. American Psychological Association Conference. Washington, DC.
17. **Metzger, I.**, Stewart, R., Salami, T., Tolbert, C., de Arellano, M. & Rheingold, A. (2016). *Validating a Cultural Sensitivity Effectiveness Evaluation Model for Risk Behavior Prevention Programs Designed for African American Adolescents with Trauma Exposure: Leveraging the "SiHLE" Program*. International Society for Traumatic Stress Studies. Dallas, TX.
18. Salami, T., **Metzger, I.**, Stewart, R., Andrews, A., Tolbert, C., & de Arellano, M. (2016). *Racial Differences in the Effect of Perception of Neighborhood Condition on Post-Trauma Symptoms: The Preceding Role of Hyperarousal*. International Society for Traumatic Stress Studies. Dallas, TX.
19. Gilmore, A., Bountress, K., **Metzger, I.**, Maples-Keller, J. & Lewis, M. A. (2015). *Comfort and Distraction during Web-Based Interventions for Alcohol Use and Sexual Assault Risk. Paper Symposium, Novel Interventions for Sexual Assault Risk Reduction, Resistance Education, and Survivor Recovery*. American Psychological Association Annual Convention. Denver, CO.
20. **Metzger, I.**, de Arellano, M., & Danielson, C. K. (2015). *Cultural Sensitivity Effectiveness Evaluation of the "Sistas Informing Healing Living and Empowering" (SiHLE) Pregnancy and HIV Prevention Program*. Association for Cognitive and Behavioral Therapies Annual Meeting. Poster Presentation. Chicago, IL.
21. **Metzger, I.**, Salami, T., Stinnette, J. S., Kramer-Kuhn, A., Reid-Quiniones, K., Fritz, D. R. & Swiecicki, C. C. (2015). *Does Race Matter in Treatment Engagement? Examining Service Access in a Children's Advocacy Center*. Association for Cognitive and Behavioral Therapies Annual Meeting. Poster Presentation. Chicago, IL.
22. Stewart, R.W., **Metzger, I.W.**, Tuerk, P.W., & Young, J. (2015). *A decision tree approach to the assessment of posttraumatic stress disorder*. Poster presented at the annual meeting for the International Society for Traumatic Stress Studies, New Orleans, LA.
23. Griffin, C., **Metzger, I.**, & Cooper, S. M., (2014). *School Racial Climate and Academic Achievement Among African American Adolescents: Testing A Moderated Mediation Model*. Poster Presentation. Society for Research on Adolescence Biennial Meeting. Austin, TX.
24. **Metzger, I** & Cooper, S., (2013). *Culturally Sensitive Prevention Programs Targeting High-Risk Behaviors among African American Adolescents*. Poster Symposium: Racial-Ethnic Socialization on the Development of Diverse Youth: Implications for Research and Practice. Society for Research in Child Development, Seattle, WA
25. Cooper, S., **Metzger, I.**, & Brown, C. (2013). *Intergenerational Experiences and African American Fathers' Involvement: The Mediating Role of Fathering Ideologies*. Paper Symposium: African American Fathers' Parenting Experiences: Exploring Processes and Contributions to Youth Outcomes. Society for Research in Child Development, Seattle, WA
26. **Metzger, I.** (2012). *African American Parenting Profiles of Academic and Racial Socialization Practices: Associations with Adolescents' Academic Outcomes*. National Black Graduate Student Association Conference. Poster Presentation. Philadelphia, PA.
27. Castellow, J., **Metzger, I.**, Scaccia, J., Katz, J., Lamont, A., & Wandersman, A., (2011). *Getting to Outcomes® for the individual: Applying a systematic framework to treatment interventions for pregnant substance-abusing women*. Paper Symposium- Necessary and sufficient: Supporting effective prevention and intervention across systems levels with Getting To Outcomes (R). Society for Community Research and Action. Chicago, IL.

28. Scaccia, J. P., Castellow, J., **Metzger, I.**, Sickels, A., Terry, J., Katz, J., & Wandersman, A., (2010). *Planning and Monitoring Implementation: The Maternal Outreach Management Services (MOMS) Project*. American Evaluation Association, Panel Presentation, San Antonio, TX.
29. Hipp, L., Holmes, B., & **Metzger, I.**, (2010). *Maternal Outreach Management Services (MOMS): A Model for Pregnant Substance Abusers*. National Association of Black Social Workers, Oral Workshop, Philadelphia, PA.
30. **Metzger, I.** (2009). *Expressive and Receptive Vocabulary Knowledge Among Elementary School Children K- 2*. Southeastern Psychological Association Research Convention. Poster Session, New Orleans, Louisiana..
31. **Metzger, I.** (2008). *Category Production in Response to Varying Prompts by Low-Income School-Aged Children*. Annual Biomedical Research Conference for Minority Students. Poster Session, Orlando, Florida.

## **REGIONAL PRESENTATIONS**

---

1. **Metzger, I** (2013). *Culturally Sensitive Prevention Programs Targeting High-Risk Behaviors among African American Adolescents*. Poster. University of South Carolina Graduate Student Day. Columbia, SC.
2. **Metzger, I.** (2012). *Academic and Racial Socialization Profiles: Associations with African American Adolescents' Academic Outcomes*. Poster. University of South Carolina Graduate Student Day. Columbia, SC.
3. **Metzger, I.** & DeLoach, (2011). *Cultural Competence: Assessing the Teen Positive Parenting Program for African American Families in South Carolina*. Poster. National Black Graduate Student Conference. Columbia, SC.
4. Avery, M., Castellow, J., Katz, J., **Metzger, I.**, Scaccia, J., Sickels, A., Terry, J., & Wandersman, A., (2010). *MOMS: An Enhanced Treatment Model for Pregnant Substance Abusing Women*. LRADAC, The Behavioral Health Center of the Midlands, Columbia, SC.
5. Avery, M., **Metzger, I.**, & Scaccia, J., (2010). *Maternal Outreach Management Services (MOMS): A Brief Overview*. LRADAC, The Behavioral Health Center of the Midlands, Women's Advisory Committee, Columbia, SC.
6. Castellow, J., **Metzger, I.**, Scaccia, J., & Schmidt, S., (2010). *MOMS Project: Getting to Outcomes with Substance-Abusing Pregnant Women*. Poster. James E. Clyburn Health Disparities Lecture Series, University of South Carolina, Columbia, SC.
7. **Metzger, I.** (2008). *Category Production in Response to Varying Prompts by Low-Income School-Aged Children*. Ronald E. McNair Post-Baccalaureate Achievement Summer Internship Research Conference, Poster and Oral Sessions, Georgia State University, Atlanta, GA.
8. **Metzger, I.** (2008). *Category Production in Response to Varying Prompts by Low-Income School-Aged Children*. Kiddie Café Developmental Seminar, Georgia State University, Atlanta, GA.
9. **Metzger, I.** (2008). *Category Production in Response to Varying Prompts by Low-Income School-Aged Children*. Ronald E. McNair Post-Baccalaureate Achievement Program Fall Research Symposium, Poster Session, Georgia State University, Atlanta, GA.
10. **Metzger, I.** (2008). *Expressive and Receptive Vocabulary Knowledge Among Elementary School Children K- 2*. Honors Thesis Symposium, Georgia State University. Atlanta, GA.

## **RESEARCH POSITIONS**

<http://www.drishametzger.com/research>

2015 – 2017	Invictus Lab, Predoctoral Psychology Intern, Postdoctoral Fellow Medical University of South Carolina, National Crime Victims Research & Treatment Center
2014 – 2015	African American Community Engagement Lab, Doctoral Coding Assistant University of South Carolina; Clinical - Community Psychology Program
2009 – 2015	African American Youth Development Lab, Recruitment & Retention Coordinator University of South Carolina; Clinical - Community Psychology Program
2012 – 2013	Social Impairment in Children with ADHD in Schools, Doctoral Research Assistant University of South Carolina; Clinical – Community Psychology Program
2012 – 2013	Behavioral Medicine Laboratory, Doctoral Research Assistant University of South Carolina; Clinical – Community Psychology Program
2009 – 2011	Maternal Outreach Management Services (MOMS), Community Researcher LRADAC, Behavioral Health Center of the Midlands, Columbia, SC
2009 – 2010	Obesity Research Group, Doctoral Coding Assistant University of South Carolina; Clinical - Community Psychology Program
2008 – 2009	Educational Psychology Research Lab, Research Assistant



2007 – 2009 Special Education Programs, Georgia State University, Atlanta, GA  
 Tracking Eye Movement & Vocabulary Acquisition Lab, Research Assistant  
 Developmental Psychology Program, Georgia State University, Atlanta, GA  
 2007 – 2009 Action Research Lab, Research Assistant,  
 Community & Clinical Psychology Programs, Georgia State University, Atlanta, GA

**TEACHING EXPERIENCE**

<http://www.drishametzger.com/teaching>

**Assistant Professor**

University of Georgia, Athens, GA  
 Fall 2020 Clinical-Community Psychology Approaches to Treating Racial Trauma  
 Fall 2020 Psychology of Disadvantaged and Minority Groups  
 Fall 2019 – Spr 2020 Clinical Staffing Procedures: Child and Family Practicum  
 Fall 2018 – Spr 2019 Clinical Staffing Procedures: Child and Family Practicum  
 Fall 2018 – Spr 2019 Directed Reading and/or Projects (Honors)  
 Fall 2019 – Spr 2020 Directed Reading and/or Projects (Honors)  
 Spring 2018 Seminar in Psychology: Disadvantaged and Minority Groups  
 Fall 2017 Psychology of Disadvantaged and Minority Groups

**Guest Lectures**

2020 University of South Carolina, Clinical-Community Psychology Doctoral Program, Child, Adolescent, and Family Therapy Practicum, Dr. Kate Flory  
 2020 Georgia State University, Department of Public Health, Intervention and Evaluation of Health Promotion and Disease Prevention  
 2020 Race, Equity & Juvenile Justice Seminar, Commonwealth of Massachusetts Juvenile Court Clinic Forensic Training Program, Dr. Mayram Jernigan-Noesi

**Instructor**

Medical University of South Carolina, Charleston, SC  
 Spring 2017 Didactic Seminar  
 Spring 2017 Fundamentals of Patient Care  
 Fall 2016 Didactic Seminar  
 Fall 2016 Fundamentals of Patient Care  
 Spring 2016 Fundamentals of Patient Care  
 Fall 2015 Didactic Seminar  
 Fall 2015 Fundamentals of Patient Care

**Graduate Teaching Assistant**

University of South Carolina, Columbia, SC  
 2012, 2013 Honors Health Psychology  
 2011, 2012 Psychology of Women  
 Fall 2010 Research Perspectives: African American Children & Families  
 Fall 2010 Psychology of Women

University of South Carolina, Columbia, SC  
 2015, 2016 Didactic Seminar  
 Fall 2013 Child and Family Psychology Practicum  
 Spring 2012 College Teaching of Psychology  
 Fall 2011 Seminar on Race, Class, Gender, and Sexuality  
 Spring 2010 Lifespan Psychopathology  
 Spring 2010 Survey of Abnormal Psychology  
 Spring 2007 African American Psychology

**Teaching Education and Training**

- 2020 Elements of Good Online Learning
- 2020 Practical Training for Producing Video Lectures
- 2020 How to Create Content for your Online Course
- 2020 Framing Online Assessment
- 2016 Addressing Incivility in the Classroom: Effective Strategies for Faculty
- 2015 Teaching in No Time: How to Prepare For A Stress-Free Semester
- 2010 Workshop: Dealing with Classroom Distractions
- 2009 Teaching Assistant Training Workshop
- 2009 Workshop: Motivating Students
- 2009 Effective and Engaging Instruction: Tips for Teaching Assistants

**CONSULTING EXPERIENCE**

<http://www.drishametzger.com/consulting>

- 2021 Montefiore School Health Program
- 2021 Psychology and Racial Justice Leadership Program, Agnes Scott College, Decatur, GA
- 2021 Auburn University, Human Development and Family Sciences Department, Auburn, AL
- 2021 Auburn University, Department of Psychological Sciences, Auburn, AL
- 2021 Child Mind Institute, School and Community Programs, New York – Midtown, New York
- 2021 BlueSprig Pediatrics, Organizational Development and Culture, Houston, TX
- 2021 STRONG STAR Training Initiative and Consortium to Alleviate PTSD, University of Texas Health Science Center at San Antonio Fort Hood Research Site
- 2020 – Present National Children’s Alliance, Standards and Revision Accreditation Project
- 2020 Minnesota Children’s Alliance, Alliance Mental Health Racial Stress & Trauma Project
- 2020 – Present Lyra Health, Diversity Equity & Inclusion Audit and Continuing Consultation
- 2020 Delta Airlines, Inc. Human Resources – Global Mobility, HR Speaker Series on Racial Trauma; Mind Over Matter: Inequality and Psychology
- 2020 - Present Bowtie Leadership & Development, Inc.
- 2020 – Present American Family Insurance
- 2020 – Present Firepower Concepts, LLC, Senior Science Advisor for #HumanIntelligence
- 2018 – Present The Cottage Sexual Assault Center and Children’s Advocacy Center, Athens, GA
- 2020 Tysons Regional Chamber of Commerce
- 2020 University of North Carolina at Chapel Hill Kenan-Flagler Business School, Leading Uncomfortable Conversations about Racial Inequality & My role in Corporate America
- 2020 Utah Center for Evidence Based Treatment
- 2020 Ball State University Department of Special Education
- 2019 Advantage Behavioral Health Systems
- 2017 – Present The Georgia Center for Child Advocacy, Atlanta, GA
- 2015 – 2019 Dee Norton Child Advocacy Center, Charleston, SC
- Spring 2018 Gaines Elementary School, Morgan County, Athens, GA
- Summer 2018 Center for Health and Rehabilitation, Fulton County, Atlanta GA
- 2015 - 2016 National Crime Victims Research and Treatment Center, Charleston, South Carolina
- 2011 - 2013 Pine Grove Inc., Autism Residential Facility, Elgin, South Carolina
- 2010 - 2013 The Pediatric Diabetes and Obesity Institute- Healthy Lifestyles Clinic

**CLINICAL EXPERIENCE**

<http://www.drishametzger.com/clinical>

**Clinical Trainings and Workshops**

1. **Metzger, I.** (December 2021, invited). Research and Practice Innovations in Healing Interpersonal & Racial Trauma: Culturally Sensitive Cognitive Behavioral Therapy for BIPOC clients. Georgia Southern University. Department of Psychology. Rural Health Research Institute. Health Resources and Services Administration Grant Funded Training.
2. **Metzger, I.** (March 2022, invited). Research and Practice Innovations at Children’s Advocacy Centers: Healing Interpersonal & Racial Trauma using Culturally Sensitive Cognitive Behavioral Therapy for Black Clients. Pre-

- Conference Workshop. National Children’s Advocacy Center. Annual International Symposium on Child Abuse. Huntsville, AL.
3. **Metzger, I.**, (October 2021, invited). Culturally Affirming Cognitive Behavioral Therapy to Heal Interpersonal & Racial Trauma: Research and Practice Innovations in Utilizing Racial Socialization for Black Youth. St. John's University Research Colloquium. Queens, NY.
  4. **Metzger, I.**, (invited, 2021). Healing Interpersonal and Racial Trauma: Integrating Racial Socialization into Trauma-Focused Cognitive Behavioral Therapy for African American Youth. Medical University of South Carolina Mental Health Disparities and Diversity Program. Charleston, SC. Invited Virtual Workshop.
  5. **Metzger, I.**, (2021, invited). Culturally Affirming Cognitive Behavioral Therapy to Heal Interpersonal and Racial Trauma: The Importance of Racial Socialization for Black Youth. Montefiore Medical Group. School Health Mental Health Program. Bronx, NY.
  6. **Metzger, I.**, (2021, invited). Virtual Annual Advanced Summer Training Workshop. Washington State CBT Initiative. Harborview Abuse & Trauma Center. University of Washington, Department of Psychology. Seattle, WA.
  7. Jernigan-Noesi, M., **Metzger, I.**, & Jackman, C. (2021, invited). Culturally Sensitive Court-Ordered Clinical and Forensic Evaluations. Massachusetts County Juvenile Court Clinic Annual Training Conference for Health Law Advocates.
  8. **Metzger, I.** (2021, invited). Research and Practice Innovations in Healing Interpersonal & Racial Trauma: Culturally Sensitive Cognitive Behavioral Therapy for BIPOC clients. Virtual Annual Advanced Summer Training Workshop. Washington State CBT Initiative. Harborview Abuse & Trauma Center. University of Washington, Department of Psychology. Seattle, WA.
  9. **Metzger, I.** (2021, invited). Healing Interpersonal and Racial Trauma: Cultural Considerations for Integrating Racial Socialization into Trauma Focused Cognitive Behavioral Therapy with Black Youth. 8th Biennial Trauma Conference, “Addressing Trauma across the Lifespan: Strategies for Managing Concurrent Pandemics”. Virtual Pre-Conference Half-Day Workshop. Center for Child and Family Traumatic Stress, Kennedy Krieger Institute, Baltimore, MD.
  10. **Metzger, I.**, (2021, invited). Culturally Affirming Cognitive Behavioral Therapy to Heal Interpersonal and Racial Trauma: The Importance of Racial Socialization for Black Youth. Association for Behavioral and Cognitive Therapies. Webinar Series on Race and Trauma in Evidence Based Treatment.
  11. **Metzger, I.**, (2021, invited). Healing Interpersonal and Racial Trauma: Cultural Considerations for Evidence-Based Cognitive Behavioral Treatment. STRONG STAR Training Initiative. San Antonio, TX. Invited Virtual Workshop.
  12. **Metzger, I.**, (2020). Towards Healing Interpersonal and Racial Trauma: Cultural Considerations in Trauma Focused Cognitive Behavioral Therapy for African American Youth. University of South Carolina. Clinical-Community Psychology and School Psychology Programs. Invited Virtual Workshops.
  13. **Metzger, I.**, (2020). Allyship and Advocacy in Clinical Practice: Healing Interpersonal and Racial Trauma. Lyra Health. Burlingame, C. Invited Virtual Facilitated Discussion Series.
  14. **Metzger, I.**, (2020). Processing as a Provider, Coping and Self- Care: Healing Interpersonal and Racial Trauma. Lyra Health. Burlingame, C. Invited Virtual Facilitated Discussion Series.
  15. **Metzger, I.**, (2020). Healing Interpersonal and Racial Trauma: Integrating Racial Socialization into Trauma-Focused Cognitive Behavioral Therapy for African American Youth. Medical University of South Carolina Mental Health Disparities and Diversity Program. Charleston, SC. Invited Virtual Workshop.

16. **Metzger, I.**, Brown Griffin, C., Jones, C. T., Henderson, D., Anderson, R., & Applewhite, K., (2020). "Level Up"" Building Systems' Strategies to Protect Black Youth from Racial Stress and Trauma. Georgia Psychological Association Annual Meeting. Invited Workshop. Athens, GA.
17. **Metzger, I.** (2019). TF-CBT Using PRACTICE and Racial Socialization. Child & Adolescent Outpatient Psychiatric Services: Culturally Sensitive Approach to Healing Interpersonal and Racial Trauma for African American Clients: Yale New Haven Hospital, Yale University School of Medicine. Invited Workshop. New Haven, CT.
18. **Metzger, I.** (2019). *Trauma Focused Cognitive Behavioral Therapy Techniques for Multidisciplinary School Practitioners*. Youth Mental Health Summit. Advantage Behavioral Health Systems. Athens, GA.
19. **Metzger, I.**, & Mouilso, E. (2018). *Culturally Sensitive Assessment and Treatment of Trauma Related Symptoms in Children and Young Adults*. Georgia Psychological Association Annual Meeting. Invited Workshop. Athens, GA.
20. **Metzger, I.**, Andrews, A. T., & Lopez, C. M. (2015). *Culturally Sensitive, Trauma Informed, Teen Pregnancy Prevention and Interventions*. South Carolina Campaign to Prevent Teenage Pregnancy Summer Institute. Invited Talk. Columbia, SC.

### **Online Clinical Offerings**

1. Racial Trauma Guide (2020) <http://www.drishametzger.com/racial-trauma-guide>, <https://psychology.uga.edu/racial-trauma-guide>. The Racial Trauma Guide provides education about racial stressors and symptoms of racial trauma, tips for coping with racial trauma, suggestions for being a better ally, ways to discuss race in white families, and resources for coping. The Racial Trauma Guide was developed by the Racial Trauma Task Force at the University of Georgia; Rodriguez, V., La Barrie, D., Zegarac, M., Bartolomeo, L., Adesogan, T., Jean, K., Rea, K., Swygert, L., Spivey, B., & Metzger, I. W.
2. TF-CBT Web 2.0 (2017). <https://tfcbt2.musc.edu/>. Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Web 2.0 was built following the principles outlined in "Treating Trauma and Traumatic Grief in Children and Adolescents, 2nd Edition," the most recent, gold standard treatment manual for Trauma-Focused Cognitive-Behavior Therapy. Clinicians in training can access this course through the Medical University of South Carolina for training on each of the P.R.A.C.T.I.C.E. components (Psychoeducation, Relaxation, Affect Identification & Regulation, Cognitive Coping, Trauma Narration & Processing, In Vivo Mastery, Conjoint Sessions, and Enhancing Safety). Content expert in cultural sensitivity, and lead online trainer for version; 2.0. Smith, D., de Arellano, M., **Metzger, I.**, & Stewart, R.

### **Clinical Supervision**

2018 - Present Licensed Faculty Supervisor  
 Clinical Staffing Procedures  
 Team provides evidence-based treatment (e.g., TF-CBT, contingency management) and assessment to ethnic minority and underserved children/families who have experienced trauma. Treatment also focuses on reducing anxiety and mood symptoms, racial stress, substance use, and risky sex.

### **Clinical Education and Training**

2020 Community of Care Training, Student Care & Outreach at UGA, Beau Seagraves, PhD  
 2020 Healing racial trauma: focusing on racial socialization as a CBT strategy for Black youth, Association for Cognitive and Behavioral Therapies, Riana Elyse Anderson, PhD  
 2017 Screening, Brief Intervention, and Referral to Treatment (SBIRT) for Substance Use, Odessa Ussery, M.Ed.  
 2017 Culture, Alliance, & Empirically Supported Guidelines for Multicultural Competency in CBT, Anu Asnaani, PhD  
 2017 Creating and Sustaining Trauma-Responsive Organizational Cultures, Sandra Bloom, MD  
 2016 Trauma and Stress-Related Disorders in DSM-5, Matthew J. Friedman MD, PhD  
 2014 Trauma Focused Cognitive Behavioral Therapy, Michael de Arellano, PhD  
 2014 Prolonged Exposure Therapy, Alyssa Rheingold, PhD  
 2014 Cognitive Processing Therapy, Alyssa Rheingold, PhD

- 2014 Multiple Chanel Exposure Therapy, Heidi Resnick, PhD
- 2014 Contingency Management Treatment for Substance Use in Adolescence, Kristyn Zajac, Ph.D
- 2014 Cognitive Behavior Therapy for Anxiety and Depression, Melissa Milanak, PhD
- 2014 Cognitive Behavior Treatment for Insomnia, Melissa Milanak, PhD
- 2014 Motivational Interviewing: Skill Building and Updates, Daniel W. McNeil, PhD
- 2014 Making Proud Choices, Carla Kmett Danielson, PhD
- 2014 Sistas Informing Healing Living and Empowering (SiHLE), Carla Kmett Danielson, PhD
- 2013 ICD Diagnosis and DSM-5 Changes: A New Horizon, M. Michele Burnette, PhD
- 2013 Autism Diagnostic Interview– Revised (ADI-R), Jane Roberts, PhD
- 2013 Children’s Interview for Psychiatric Syndromes (P-ChIPS), Kate Flory, PhD
- 2012 Nonviolent Physical Crisis Intervention, Kelly Baccomo
- 2010 Prolonged Exposure Therapy, Mark Weist, PhD
- 2010 Primary Care Teen Triple P (Positive Parenting Program), Bradley Smith, PhD
- 2010 Assessment, Interviewing, and Treatment for Substance Abuse, Alicia Anderson, MS
- 2010 Dialectal Behavior Therapy for Borderline Personality Disorder, Shari Manning, PhD, LPC

**Clinical Positions**

- 2015 – 2017 Postdoctoral Clinician  
National Crime Victims Research & Treatment Center, Medical University of South Carolina  
Infectious Diseases Inpatient Unit  
Mother Emanuel African Methodist Episcopal Church
- 2014 – 2015 Predoctoral Clinician  
Charleston Consortium Psychology Internship Training Program, Medical University of South Carolina  
Ethnic Minority Preventative Outreach and Web-Based Education for Risk Reduction  
National Crime Victims Research & Treatment Center  
Sleep/Anxiety Treatment & Research Program  
Adolescent and Family Services  
Community Outreach Project
- 2010 - 2015 Graduate Student Clinician  
University of South Carolina  
Pine Grove Inc., Autism Residential Facility  
Three Rivers Behavioral Health Residential Treatment  
The Pediatric Diabetes and Obesity Institute- Healthy Lifestyles Clinic  
Psychological Services Center  
Autism Diagnostic Clinic  
Challenging Horizons Program, Leaphart Elementary School

**Clinical Assessments and Reports**

- 2014 - 2017 Supervisor: Michael de Arellano, PhD**  
PTSD Checklist (PCL)  
Beck Depression Inventory-II (BDI-II)  
UCLA Post-Traumatic Stress Disorder Index for DSM-IV  
Strengths and Difficulties Questionnaire, SDQ
- 2014 - 2015 Supervisor: Melissa Milanak, PhD**  
Mini International Neuropsychiatric Interview - KID (MINI-Kid).  
Patient Health Questionnaire (PHQ-9)  
State-Trait Anxiety Inventory (STAI)  
Penn State Worry Questionnaire (PSWQ)
- 2012 - 2015 Supervisor: Kimberly Hills, PhD**  
Vineland Adaptive Behavior Scales, Second Edition (VABS-II)  
Behavior Assessment System for Children, Second Edition (BASC-2)  
Modified Checklist for Autism in Toddlers (M-CHAT)  
Peabody Picture Vocabulary Test IV (PPVT 4)  
Expressive Vocabulary Test, Second Edition (EVT-2)

Bayley Scales of Infant Development Mental Scale- Third Edition (Bayley- III)  
 Autism Diagnostic Interview – Revised (ADI-R)  
 Autism Diagnostic Observation Schedule (ADOS)  
 Home-Situations Questionnaire- PPD Version (HSQ)  
 Beery-Buktenica Developmental Test, Visual-Motor Integration, 6th Edition (VMI)  
 Stanford-Binet Intelligence Scales- Fifth Edition (SB5)  
 Wechsler Intelligence Scale for Children- Fourth Edition (WISC-IV)  
 Woodcock-Johnson Tests of Achievement- III (WJTA-III)  
 Social Communication Questionnaire (SCQ)  
 Social Responsiveness Scale (SRS)  
 Weschler Adult Intelligence Scale-Fourth Edition (WAIS-IV)  
 Conners' Adult ADHD Rating Scales (CAARS)  
 Brown Attention-Deficit Disorder Scales for Adults

**2012 - 2013**

**Supervisor: Kate Flory, PhD**

Children’s Interview for Psychiatric Syndromes (P-ChIPS)  
 Services for Children and Adolescents-Parent Interview (SCAPI)  
 Wechsler Abbreviated Scale of Intelligence- Second Edition (WASI-II)  
 Children’s Depression Inventory, Child Report (CDI)  
 Disruptive Behavior Disorder Rating Scale (DBD)  
 Impairment Rating Scale (IRS)  
 Self-Report for Childhood Anxiety Related Emotional Disorders (SCARED)

**2013**

**Supervisor: Mark Weist, PhD**

Disruptive Behavior Disorder Rating Scale (DBD)  
 Impairment Rating Scale (IRS)  
 Behavior Assessment System for Children, Second Edition (BASC-2)

**2013 - 2015**

**Supervisor: Jane Roberts, PhD**

Autism Diagnostic Interview – Revised (ADI-R)  
 Autism Diagnostic Observation Schedule (ADOS)

**2010 - 2013**

**Supervisor: Rachel Stroud, PhD**

Wechsler Abbreviated Scale of Intelligence- Second Edition (WASI-II)  
 Behavior Assessment System for Children- Second Edition (BASC-2)  
 Wechsler Intelligence Scale for Children- Fourth Edition (WISC-IV)  
 Woodcock Johnson Test of Achievement- Third Edition (WJTA-III)

## **ACADEMIC SERVICE**

---

### **Grant and Symposium Review**

Spring 2021 External Reviewer and Subject Matter Expert Evaluator, University of Illinois Chancellor’s Research Program to Address Racism & Social Injustice, Office of the Vice Chancellor for Diversity, Equity & Inclusion, University of Illinois at Urbana-Champaign  
 Spring 2019 External Reviewer, Dee Norton Child Advocacy Center, 2019 Charleston Child Trauma Conference  
 Spring 2018 External Reviewer, Sam Houston State University, “Discrimination and Substance Use Among Ethnic Minority Emerging Adults.”

### **Editorial Board**

2020 Diversity and Inclusion Consulting Editor of the *Journal of Clinical Child and Adolescent Psychology (JCCAP)*, the flagship empirical journal for Division 53 of the American Psychological Association

### **Editorial Responsibilities (Ad hoc Reviewer)**

2021 *SN Social Sciences*  
 2020 *Psychology of Addictive Behaviors*  
 2019 *Health Education & Behavior*  
 2019 *Addiction*  
 2017 *Addictive Behaviors*

2017 *Psychological Trauma: Theory, Research, Practice, and Policy*

**Service to the Profession**

- 2021 Suffolk County Juvenile Court Clinic REI Workshop, “From Talking to Doing: Integrating Race into Court Clinic Evaluations,” Facilitator and Panelist, Massachusetts Department of Mental Health, Boston, MA. Annual Conference/Training: Health Law Advocates
- 2021 Psychology and Racial Justice Leadership Program, “Q&A with Psychologists” Series, Department of Psychology, Agnes Scott College, Decatur, GA
- 2021 Research Education Institute for Diverse Scholars REIDS/Y-APT panel session. "How to Set up a Research Team,” Yale University School of Public Health
- 2020 - Present National Children’s Alliance, Mental Health Task Force for National Standards for Accreditation, Subject Matter Expert on Cultural Sensitivity in Research and Practice at Children’s Advocacy Centers, Teresa Huizar and Alyson MacKenzie, Washington, DC
- 2019 - Present NIH Loan Repayment Program Ambassador
- 2019 Global Women in STEM Leadership Summit, Invited Panelist
- Lessons Learned Panel, Four Seasons Hotel Atlanta
- 2019 Conversations with Professionals, Invited Presenter
- TRIO Student Support Services Program, Georgia State University
- 2019 Clinical Psychology Doctoral Program Recruitment Workshop, Invited Presenter
- Department of Psychology, Spelman College
- 2018, 2019 Peer Leadership Program, Presentation on Interpersonal & Racial Trauma
- Cedar Shoals High School, Co-Presenter Janet Frick, PhD, Instructor Katie Johnson, Athens, GA
- 2018 McNair Scholars Research Conference, Transitioning to Graduate School & Faculty Panel
- Southeastern Association of Educational Opportunity Program Personnel, Discussant, Atlanta, GA
- 2018 McNair Scholars Research Conference, Faculty Representative
- Southern Regional Education Board
- 2018 GPA Annual Meeting, Invited Workshop Presenter
- Georgia Psychological Association Athens, GA.
- 2017 Cultural Considerations in Trauma Focused Therapy Web 2.0, Task Force Team Member
- National Crime Victims Research & Treatment Center, Medical University of South Carolina
- 2016 Diversity and Ethnic Relations Committee, Member
- Medical University of South Carolina
- 2015 Mental Health Disparities and Diversity Program, Co-Chair
- Medical University of South Carolina, Department of Psychiatry and Behavioral Sciences
- 2014, 2015 Charleston Consortium Internship Program, Diversity Recruitment Representative
- Association for Cognitive and Behavioral Therapies Annual Meeting
- 2009 - 2014 Black Psychology Graduate Student Association (BPGSA), President (2012- 2013)
- Department of Psychology, University of South Carolina
- 2010 Psychology Graduate Student Association, Secretary
- University of South Carolina
- 2009 - 2014 Psychology Graduate Student Association, Member
- University of South Carolina
- 2010 The TRIO McNair Post-Baccalaureate Achievement Program Presentation
- Preparing for Summer Research: Graduate Student Panel
- 2010 The TRIO McNair Post-Baccalaureate Achievement Program Presentation
- Designing a Meaningful Project: Graduate Student Panel
- 2010, 2011 Doctoral Student Panels
- Department of Psychology, University of South Carolina
- 2008 Annual Biomedical Research Conference for Minority Students- ABRCMS
- Georgia State University Representative
- 2008 Southern Regional Educational Board- SREB; Compact for Faculty Diversity
- Undergraduate Ambassador, Georgia State University Representative
- 2008 University of Georgia, Future Scholars Visitation Program
- Georgia State University Representative

- 2008 University of South Florida Campus Visitation  
Georgia State University Representative
- 2006 - 2008 Psi Chi National Honors Society in Psychology  
Vice President, Georgia State University
- 2006 - 2008 Ronald E. McNair Post-Baccalaureate Achievement Program  
Editor, McNair Voice, National Newsletter, Student Advisory Board, Georgia State University

**Service to the Psychology Department at Georgia State University**

- 2021 GSU Department of Psychology Speaker Series for Health Resources and Services Administration (HRSA) TIPPS and EPIC-CARES Training Grant Presentation, Culturally Sensitive CBT to Heal Interpersonal and Racial Trauma

**Service to the Psychology Department at the University of Georgia**

- 2021 - Present UGA Dept of Psychology Justice, Equity, Diversity and Inclusion (JEDI) Initiative, Member
- 2021 - Present SixthSense Holistic Health and Wellness Student Organization, Faculty Advisor
- 2021 - Present P.U.M.P. Psychology Undergraduate Mentoring Program, Faculty Advisor
- 2018 – 2019 Student Faculty Committee, Student Nominated Faculty Representative
- 2018 I/O Psychology Program Prelim Exam Committee, Outside Faculty Grader
- 2017 – Present Diversity Committee Faculty, Application Workshop, Recruitment Workshop, Diversity Prosem
- 2017, 2018, 2020 Admissions Committee

**Student Committees at Georgia State University**

- 2020 Ifrah S. Sheikh. Clinical Psychology. Georgia State University. Master’s Committee. Race-related stress and trauma symptomatology in African American women: Examining the risk or protective role of racial identity latent profiles. Under the Direction of Sierra Carter.

**Student Committees at the University of Georgia**

- 2021 Violeta Rodriguez. Clinical Psychology, Department of Psychology. Dissertation Proposal 5/19/2021. Item Selection and Validation of the Regulating Emotions in Parenting Scale (REPS): Factor Structure and Measurement Invariance. Under the Direction of Anne Shaffer.
- 2021 Apoorva Sarmal. Behavioral and Brain Sciences (BBS) Program, Department of Psychology. Master’s Committee Member. Disempowering women through sexualization: The impact of Power and the role of ethnicity. Under the direction of Allison Skinner-Dorkenoo.
- 2021 Kelly Rea. Clinical Psychology. Dissertation Proposal 4/26/2021. Under the Direction of Ronald L. Blount.
- 2021 Ariel Hart. Clinical Psychology, Department of Psychology. Research Comprehensive Exam (RCE) Proposal. A Systematic Review of Effects of Racial/Ethnic Socialization on Well-Being and Racism in White Youth. Under the direction of Steven Beach and Justin Lavner.
- 2020 Miriam C. Zegarac. Clinical Psychology, Department of Psychology. Doctoral Committee Member. Family relationships, emotion communication, stress, and parenting. Under the direction of Anne Shaffer.
- 2020 Latisha Swygert. Clinical Psychology. Director of Master’s Committee: Steven Beach, Justin Lavner. Impact of racial discrimination on mental and behavioral health (e.g., anger, depression, substance use).
- 2020 Briana Spivey. Clinical Psychology. Director of Master’s Committee: Anne Shaffer, Allison Skinner, Rosalyn Denise Campbell. Socio-cultural factors and cultural coping mechanisms (e.g., Strong Black Womanhood (SBW) Schema) influence on behavioral and mental health of African American women.
- 2020 Dominique La Barrie. Brain and Behavior Sciences Program, Department of Psychology. Master’s Committee. Racial Socialization and African Americans. Under the Direction of Anne Shaffer.
- 2020 Jacqueline Newbold. Brain and Behavior Sciences Program, Department of Psychology. Prospectus Defense Date 4/16/2020, Dissertation Defense Date 7/13/2021. How Violations of Identity-Based Expectations Can Lead to Outgroup Derogation. Under the Direction of Leonard Martin.
- 2020 Shantesica Gilliam. Health Promotion and Behavior. Research Comprehensive Written and Oral Examination Date 4/24/2020. Understanding the processes underlying the association between interpersonal trauma and HIV/STI risk among African American adolescents, and the moderating role of community violence exposure. Under the Direction of Tamora Callands.



- 2020 Olutosin I. Adesogan. Clinical Psychology. Masters Committee. Shift-and-persist coping and moderating impact on the relationship between both financial strain and racial stressors and physical, psychological, and behavioral health outcomes in rural African American youth and their caregivers. Under the Direction of Justin Lavner.
- 2020 Kelly Rea. Clinical Psychology. Research Comprehensive Examination Proposal 1/8/2020. Quality of Life among Pediatric Organ Transplant Recipients: A Meta-Analytic Review. Under the Direction of Ronald L. Blount.
- 2019 Kelly Rea. Clinical Psychology. Masters Proposal 11/13/2019. Transition to Adult Healthcare among Solid Organ Transplant Recipients: Medical Outcomes and Relations to Success. Under the Direction of Ronald L. Blount.
- 2019 Violeta Rodriguez. Clinical Psychology. Research Comprehensive Examination Proposal 12/11/2019. Item Selection and Validation of the Regulating Emotions in Parenting Scale (REPS): Factor Structure and Measurement Invariance. Under the Direction of Anne Shaffer.

**Student Committees at Outside Institutions**

- 2021 Brian Wiley. Clinical Psychology. West Chester University of Pennsylvania. Dissertation Committee. Race and ethnicity as a moderator of posttraumatic stress (PTS) symptoms: Examining Rates of Exposure. Under the Direction of Stevie Grasseti.

**Mentored Students (approval granted by students listed)**

- 2020 - Present Donte Bernard, Medical University of South Carolina
- 2019 - Present Funlola Are, Medical University of South Carolina
- 2018 - 2020 Rebecca Akua Kumi-Ansu, University of Georgia
- 2018 - 2019 Carly Smith, University of Georgia
- 2018 - 2019 Ifedinma Sarah Nwankwo, University of Georgia
- 2012 - 2015 Stephanie LaShawn Jackson, University of South Carolina

**Ronald E. McNair Post-Baccalaureate Achievement Program Scholars Mentored**

- 2020 - Present Gifty Ayawvi, University of Georgia
- 2019 - Present Tyquavious Kelley, University of Georgia
- 2019 - Present Lacey Walker, University of Georgia
- 2018 - Present Jahi Hamilton, University of Georgia
- 2018 - Present Barbara Walcot-Ceesay, University of Georgia
- 2018 - Present Destin Mizelle, University of Georgia

**PROFESSIONAL EDUCATION AND TRAINING**

---

- 2020 UGA Non-Discrimination and Anti-Harassment (NDAH) Policy Training, UGA Office of Institutional Diversity
- 2019 Grant Writing Workshop - Preparing NIH R-Series Awards, Emory University
- 2019 Identity and Social Location, UGA Office of Institutional Diversity
- 2019 Honoring Christ in our Teaching, Research, and Service, A Common Call Regional Faculty Conference
- 2019 Safe Space Training, UGA LGBT Resource Center, University of Georgia
- 2019 UGA Non-Discrimination and Anti-Harassment (NDAH) Policy Training, UGA Office of Institutional Diversity
- 2019 An LGBTQ Primer, Creating an Inclusive Community, UGA Office of Institutional Diversity
- 2019 Best Practices for Transformative Engagement, Erin Dolan, PhD, UGA Division of Academic Enhancement
- 2018 Diversity at UGA: Beyond the Numbers, UGA Office of Institutional Diversity
- 2017 Successfully Navigate NIH Peer Review and Get a Fellowship Grant, NIH Center for Scientific Review
- 2017 Fireside Chat: The Development of Implementation Science & Future Directions, Russell Glasgow, PhD
- 2016 Peer Review Briefing for Basic Research Applicants and Reviewers, NIH Center for Scientific Review
- 2016 Analyzing and Using NIMH Research Domain Criteria (RDoC) Data, Lisa McTeague, Ph.D
- 2016 Developing your Clinical Trial Toolbox, Valerie Durkalski-Mauldin, PhD and Caitlyn Ellerbe, PhD
- 2016 Responsible Conduct of Research and Career Development (RCR/CD), Edward Krug, PhD
- 2016 National Center for Faculty Development & Diversity, Kerry Ann Rockquemore, PhD
- 2016 Micro-Aggressions, Micro-Resistance, and Ally Development in the Academy, Cynthia Ganote, PhD

- 2016 Mastering Academic Time Management, Mindi Tompson, PhD
- 2016 How to Develop a Daily Writing Practice, Joy Gaston Gayles, PhD
- 2015 Everything You Need to Know About Grant Writing
- 2015 How to Write Papers That Get Cited and Proposals that Get Funded, Josh Schimel, PhD

**PROFESSIONAL AND ORGANIZATIONAL AFFILIATIONS**

---

OIBR Distinguished Scholar, Owens Institute of Behavioral Research, University of Georgia  
 Salone Health, <http://www.salonehealth.org>, Mental Health Expert  
 Diversity Scholars Network (DSN), National Center for Institutional Diversity (NCID), University of Michigan  
 Georgia Clinical & Translational Science Alliance (GACTSA), University of Georgia, Faculty Affiliate  
 Stress, Trauma, Adversity, & Resilience (STAR) Research Workgroup, University of Georgia, Faculty Member  
 Interdisciplinary Research Methods Core, Member, Yale University School of Public Health  
 Qualitative Research Discussion Group, Member, Yale University School of Public Health  
 Early Career Fellow, Owens Institute of Behavioral Research, University of Georgia  
 Mentored Fellow, Center for Translational and Prevention Science (P30DA027827), University of Georgia  
 International Society for Traumatic Stress Studies, Member  
 APA Health Disparities Initiative Program, Health Equity Ambassador  
 Association for Psychological Science, Member  
 Association for Cognitive and Behavioral Therapies, Member #8328  
 National Register of Health Service Psychologists, Member  
 Society of Counseling Psychology, Member, Section on Ethnic and Racial Diversity  
 Society for the Scientific Study of Sexuality, Developmental Professional Member  
 National Center for Faculty Development & Diversity, Member  
 Society for Research on Adolescence, Member  
 American Psychological Association, Member, #37400978  
 Society for Research in Child Development, Member  
 National Alliance on Mental Illness, South Carolina Division Member  
 Southeastern Psychological Association, Member

**MEDIA**

<http://www.drishametzger.com/media>

---

**Producer, Director, Owner**

2020 - Present [Black & EMPOWERED Podcast](#), Owner, Host  
 The best thing about being Black is our ability to adapt, overcome, and thrive. On the [Black & EMPOWERED Podcast](#), we highlight Black excellence, talk about the science of physical, mental, and behavioral health, and interview experts in the field. Every two weeks, join the EMPOWER lab as we continue to focus on Engaging Minorities in Prevention, Outreach, Wellness, Education, and Research. If you are a student, organizational leader, thinker, healer, creator, or anyone who would like to explore how to best utilize your personal strengths, resources, and talents, then this is the podcast for you! Hosted by Dr. Isha Metzger, Briana Spivey, and Latisha Swygert. We are a part of the University of Georgia, but these are our personal views and are not reflective of the institution. The content of this podcast does not constitute therapy, if you are interested in services, please contact a local professional.  
 Episode 12: [REEC Radio Rebroadcast](#), September 10, 2021  
 Episode 11: [Suicide among Black Teens](#), September 1, 2021  
 Episode 10: [The State of Black Mental Health](#), August 4, 2021  
 Episode 9: [How to Set Up a Research Team](#), July 14, 2021  
 Episode 8: [Corona Kiki](#), June 16, 2021  
 Episode 7: [MedPage Interview on Cultural Humility](#), May 26, 2021  
 Episode 6: [Psychoeducation on Racial Stress & Trauma](#), May 5, 2021  
 Episode 5: [How to be a Better Ally](#), April 7, 2021  
 Episode 4: [Racial Trauma is Real: Coping & Healing](#), February 10, 2021  
 Episode 3: [Breaching the Tower: Applying to Grad School](#), January 8, 2021  
 Episode 2: [Special Episode: ABCT’s Interpersonal Podcast](#), December 16, 2020

Episode 1: [Meet the family](#), October 21, 2020

- 2018 - Present [The EMPOWER Lab on Instagram](#), Owner, Director  
Instagram is used to disseminate prevention (e.g., [Racial Trauma Guide](#)) and community outreach efforts (e.g., [Public Health Messaging Campaign](#)); promoting the [Black & EMPOWERED](#) podcast; translating research through [weekly research spotlights](#); spreading awareness about and historically relevant (e.g., [Black History Month series](#)) and current events (e.g., [Kwanzaa](#)) related to [social justice](#), [Black youth development](#), [health disparities funding and policy](#), and [news related to systemic racism](#) and its [effects on Black youth](#); [increasing access to graduate school](#); [coping and thriving in higher education](#); and [amplifying student accomplishments](#).
- 2020 - Present [The EMPOWER Lab on Facebook](#)
- 2019 - Present [The EMPOWER Lab on Twitter](#)

### **Featured Media**

- August 2021 Reec Radio LIVE Show with Special Guest, [Mental Health Advocate Dr. Isha Metzger](#) and Reec Swiney
- July 2021 PsychCentral: [Depression in Young Latinos and the Unique Stressors Behind It](#) Medically reviewed by N. Simay Gökbayrak, PhD, Written by Lacey Muinos and Sandra Silva Casabianca
- July 2021 WHYY's The Pulse, Suicide and Race Related Stressors among Children, Liz Tung
- July 2021 Therapy for Black Kids, [Caring for our Black kids: Navigating racism](#), Instagram live with Dr. Earl Turner
- July 2021 Authority Magazine, [Dr. Isha Metzger of The EMPOWER Lab: 5 Steps That Each Of Us Can Take To Proactively Help Heal Our Country](#), An Interview with Fotis Georgiadis
- June 2021 Therapy for Black Kids, [The State of Black Mental Health: Coping & Healing in the Midst of Trauma](#), Moderated by Dr. Donnell Barnett President-Elect of the Association of Black Psychologists, Presented by Dr. Earl Turner, Dr. Maryam Jernigan- Noesi, and Dr. Isha Metzger
- June 2021 VoyageATL Local Stories, [Meet Isha Metzger: Licensed Clinical Psychologist, Owner](#) by Erika Smith
- April 2021 MedPage Today, [Treating Ethno-Racial Trauma with Cultural Humility: How mental health professionals are confronting collective psychological distress](#), by Kara Grant, Enterprise & Investigative Writer
- March 2021 Future Human, [Scientists are using Psychedelics to Help People Cope with Racial Trauma](#), written by Emma Betuel
- March 2021 American Psychological Association, Monitor on Psychology CE e-Newsletter "Six Things Psychologists Are Talking About", [Communicating with Teens During COVID](#) by Zara Abrams
- January 2021 American Psychological Association Monitor on Psychology CE Article, [How to Discuss Race with Black Teens and their Families](#) by Charlotte Huff
- December 2020 UGA Office of Research, [Helping Minorities Navigate Racial Trauma](#) by Allyson Mann
- October 2020 Medium, Grady College of Journalism and Mass Communication, [Social Unrest Leads to Mental Unrest: Checking in on Your Mental Health During the Black Lives Movement](#) by Elijah Johnson
- September 2020 Atlanta Magazine, Racial Trauma In Therapy, Content Expert
- August 2020 Pillow Fort Sessions Podcast with Nicole Fortune, [Dr. Metzger the Super ResearchER](#)
- August 2020 One in Ten Podcast with Teresa Huizar, [The Meaning of Healing for Black Kids and Families](#)
- July 2020 Bowtie Convo Series with Dr. Todd Jenkins, ["How to Talk to \(K-12\) Children About Race & Inclusion"](#)
- July 2020 Yale School of Public Health News, [Diverse Scholars Institute Supports Underrepresented Faculty](#) by Colin Poitras
- July 2020 ILYMagazine, [Emotional Wellness during a Public Health and Racism Epidemic](#) by Erika Ramirez
- June 2020 Salone Health, [Sierra Leoneans against COVID-19](#), hosted by Sorie Dumbuya
- June 2020 Black Womxn Healing Podcast with Myra Shawnise and Donika Brown, Episode 33, [Let's Talk about Childhood Trauma](#)
- June 2020 COVID-Campus Return with Dr. Maryam Jernigan-Noesi, [Student Voices Series](#)
- June 2020 University of Georgia, Psychology Department and The EMPOWER Lab, [Racial Trauma Guide](#)
- May 2020 Voyage ATL, Local Stories, [Conversations with the Inspirational Dr. Isha Metzger](#) by Mike Bhand

- February 2019 APA Journals Article Spotlight, American Psychological Association, [Uncovering the Trauma of Racism](#) by Monnica Williams
- October 2018 On Second Thought Podcast with Elena Rivera, National Public Radio (NPR), Georgia Public Broadcasting (GPB), [What do we as a Culture Say about Sexual Assault?](#)