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CURRENT POSITIONS

University of Missouri at Kansas City (UMKC) - School of Medicine
Assistant Professor, Department of Community and Family Medicine
Associate Program Director, UMKC Family Medicine Residency Program
Behavioral Science Section Chief, Department of Community and Family Medicine
University Health Lakewood Medical Center – Kansas City, MO
Integrated Health Psychologist and Supervisor

EDUCATION & CLINICAL TRAINING

Health Partnership Clinic Olathe, KS September 2014 to 2015
Postdoctoral Fellowship

Heart of America Psychological Training Consortium Springfield, MO August 2013 to 2014
Predoctoral Clinical Internship, APA Accredited

Assigned Sites:

Pathways Community Health - Rolla, MO

Your Community Health Center - Rolla, MO

The School of Professional Psychology at Forest Institute Springfield, MO October 2014
Doctorate of Psychology, APA Accredited

Doctoral Project: Gender difference in grief process of perinatal loss: A critical literature review

The School of Professional Psychology at Forest Institute Springfield, MO 2009 to 2012
Master of Arts in Clinical Psychology, APA Accredited

Thesis: Grief process of perinatal loss.

University of Central Missouri Warrensburg, MO 2008 to 2009
Master of Science in Counseling Psychology, CACREP Accreditation
Transferred August 2009

University of Central Missouri Warrensburg, MO 2004 to 2007
Bachelor of Science in Psychology and Criminal Justice

CURRENT ACADEMIC APPOINTMENTS

Assistant Professor, Department of Community and Family Medicine, April 2016 to present
University of Missouri at Kansas City - School of Medicine
Kansas City, Missouri

CLINICAL LICENSE

- Missouri Licensed Psychologist # 2016008260
 - Issued: 6/3/2016
 - Expiration: 1/31/2026
- Kansas Licensed Psychologist #2390
 - Issued: 1/19/2016
 - Expiration: 6/30/2024

PROFESSIONAL DEVELOPMENT

Society of Teachers of Family Medicine Behavioral Science/Family Systems Educators Fellowship
May 2018 to May 2019

PROFESSIONAL MEMBERSHIPS

- Society of Teachers of Family Medicine (STFM)
 - Member 2016 to present
 - Activities
 - Conference on Quality and Practice Improvement Steering Committee October 2023 to present
 - Behavioral Science/Family Systems Educator Fellowship May 2023 to present
 - Small Project Mentor
 - Destigmatizing Mental Health Care Workgroup October 2022 to May 2023
 - Professional Wellbeing Collaborative- Co-Chair May 2021 to August 2022
 - Special Projects for Steering Committee May 2019 to present
 - BSB Connect resource platform update
- Collaborative Family Healthcare Association (CFHA)
 - Member 2016 to present
- Missouri Psychological Association (MOPA)
 - Member 2016 to present
 - Activities
 - Integrated Behavioral Health Committee
 - Co-chair June 2018 to 2019
 - Member April 2016 to present
- American Psychological Association (APA)

- Member 2006 to present

COMMITTEE ASSIGNMENTS

- University Health, Department of Community and Family Medicine Wellness Committee
 - Co-chair May 2022 to present
- University Health, Corporate Bereavement Committee January 2021 to present
- University Health, Corporate Medical Staff Wellness Committee January 2020 to present
 - Peer Support Trainer
- University of Missouri Kansas City - School of Medicine GME Wellness Committee January 2018 to present
- University of Missouri Kansas City Family Medicine Residency Clinical Competency Committee July 2017 to present
- University Health, Corporate Clinical Informatics Committee August 2016 to August 2018
- University of Missouri Kansas City Family Medicine Residency Program Evaluation Committee July 2016 to present

PROFESSIONAL PRESENTATIONS AND SCHOLARLY ACTIVITIES

CLINICAL SUPERVISOR

- University Health Integrated Behavioral Health Psychology Postdoctoral Fellowship
 - Clinical Fellowship Program Director August 2022 to present
- University of Missouri Kansas City Doctorate in Clinical Psychology Program
 - Clinical Practicum Supervisor April 2016 to present

LOCAL/REGIONAL/NATIONAL PRESENTATIONS

- Hogans-Matthews, S. & **Nikel, C.**, (February, 2024). *Mental health in medical education: Stamping out stigma*. STFM Conference on Medical Student Education, Atlanta, GA. (Accepted presenter).
- Nickel, C., Malhotra, K., & Gildenblatt, L. (September, 2023). *Interdisciplinary education: When behavioral health fellowships and resident education collide*. Forum for Behavioral Science in Family Medicine, Milwaukee, WI (Accepted presenter).
- Gildenblatt, L., **Nikel, C.**, & Malhotra, K. (September, 2023). *Couples and family therapy concepts: Teaching residents team building techniques and communication skills using a system's lens*. Forum for Behavioral Science in Family Medicine, Milwaukee, WI (Accepted presenter).
- Nickel, C. (June, 2023). *Family medicine residency training and integrated behavioral health: Intersectionality of competencies and needs*. Integration in Action, Columbia, MO. (Invited Speaker).
- Brown, A., Myerholtz, L., **Nikel, C.**, & Wall, T. (April, 2023). *Taking action: Addressing stigma for healthcare professionals seeking mental health support*. STFM National Conference, Tampa, FL. (Accepted presenter).
- Nickel, C. Gildenblatt, L., & Malhotra, K. (April, 2023). *Residency support groups: Trials and*

- tribulations*. STFM National Conference, Tampa, FL. (Accepted presenter).
- Nickel, C. & Gildenblatt, L. (September, 2022). *Finding compassion when compassion fatigued*. STFM Behavioral Forum, Chicago, IL. (Accepted presenter)
 - Nickel, C. & Gildenblatt, L. (September, 2022). *Is this a grey's anatomy episode or a family medicine residency program? The ethical dilemmas of handling drama with residents*. STFM Behavioral Forum, Chicago, IL. (Accepted presenter)
 - Nickel, C. (March, 2022). *Documentation and collaborative communication*. KCU Primary Care Behavioral Health Committee, Kansas City, MO. (Invited Speaker)
 - Nickel, C. (January, 2022). *Assisting your patients facing loss and grief*. MSACOFP Annual Conference, Virtual. (Invited Presenter)
 - Nickel, C., Malhotra, K., & Gildenblatt, L. (September, 2021). *Wellness for the wellness champion: Going from micro to macro interventions*. STFM Behavioral Forum, Virtual. (Accepted Presenter)
 - Nickel, C. & Gildenblatt, L. (November, 2020). *Insta-who? To follow or not to follow residents: That is the ethical question*. STFM Behavioral Forum, Virtual. (Accepted presenter)
 - Nickel, C. (April, 2019). *Development and implementation of a motivational interviewing skills training and evaluation program*. STFM Annual Conference. Toronto, CA. (Accepted poster presenter)
 - Nickel, C. & Rosemergy, B. (December, 2018). *Integration of behavioral health into a family medicine residency clinic*. STFM Conference on Practice Improvement, Tampa, FL. (Accepted presenter)
 - Nickel, C. & Rosemergy, B. (September, 2018). *Integration of behavioral health into a family medicine residency clinic*. PCMH Congress, San Diego, CA. (Accepted presenter)
 - Nickel, C. (March, 2018; January 2019; January 2020; January 2021). *Integrated behavioral health in primary care*. NTPC didactic seminar, Springfield, MO.
 - Nickel, C. & Fazio, L.T. (June, 2017) *Integration in primary care: Lessons learned*. Missouri Psychological Association Annual Conference. St. Charles, MO. (Accepted presenter)

UMKC SCHOOL OF MEDICINE

- Nickel, C. (March, 2024). *Finding compassion when compassion fatigued*. Women Physicians in Academic Medicine Leadership Symposium. Kansas City, MO.
- Nickel, C. (December, 2023). *Gratitude: A practice for wellbeing enhancement*. UMKC School of Medicine Department of Obstetrics and Gynecology Wellness Workshop. Kansas City, MO. (Invited Speaker).
- Nickel, C. (April, 2023). *Gratitude: A practice for wellbeing enhancement*. UMKC School of Medicine Faculty Development Wellbeing Workshop. Kansas City, MO. (Invited Speaker).
- Nickel, C. & Subramanian, S. (April, 2023). *University Health peer support program*. UMKC School of Medicine Faculty Development Wellbeing Workshop. Kansas City, MO.
- Nickel, C. (December, 2022; January, 2024). *Integrated behavioral health & collaborative care models*. UMKC Psychiatry Residency didactics. Kansas City, MO.
- Nickel, C. (September, 2020). *What is burnout? And what can we do about it?* UMKC Neurology Residency wellness didactic seminar, Kansas City, MO.
- Nickel, C. (September, 2020). *Wellness and teambuilding in times of COVID*. UMKC Surgery

Residency Intern wellness didactic seminar, Kansas City, MO.

- Nickel, C. (March and April, 2020). *COVID support*. UMKC GME wellness, Kansas City, MO.
- Nickel, C. (February and March, 2020; February, 2021; January, 2022; January, 2023). *Strengths Finder: Using out talents to grow*. UMKC School of Medicine Faculty Development seminars, Kansas City, MO.
- Nickel, C. (January, 2020). *Grief and loss*. UMKC General Surgery residency death debrief seminar, Kansas City, MO.
- Nickel, C. (January, 2020). *Mindfulness in medicine*. UMKC Emergency Medicine residency wellness lecture, Kansas City, MO.
- Nickel, C. (November 2019). *Mindfulness in medicine*. UMKC Internal Medicine residency wellness lecture, Kansas City, MO.
- Nickel, C. (September & October, 2018; September & October, 2019; April, 2021; March, April & May 2024). *Wellness: What is it good for?* UMKC Anesthesiology Residency wellness seminar, Kansas City, MO.
- Nickel, C. (July 2018; July 2019; June 2020; June 2021; June 2022; June 2023). *Mindfulness and burnout prevention*. UMKC General Surgery orientation, Kansas City, MO.
- Nickel, C. (December 2017- current). *Anxiety: What is it and how do we treat it?* UMKC School of Medicine, Family Medicine Clerkship **monthly didactic seminar**. Kansas City, MO.

UNIVERSITY HEALTH & COMMUNITY AND FAMILY MEDICINE DEPARTMENT

- Nickel, C. (January, 2024). *The mechanics of agenda setting*. UMKC Community and Family Medicine Department Grand Rounds, Kansas City, MO.
- Nickel, C. (January, 2023; January 2024). *CBT-i*. University Health Behavioral Health Training Department didactics. Kansas City, MO.
- Nickel, C. (August, 2022). *Non-suicidal self-injury*. University Health, Department of Social Work training. Kansas City, MO.
- Nickel, C. (August, 2022). *CBT-i: The nonpharmacologic treatment of insomnia*. UMKC Community and Family Medicine Department Grand Rounds, Kansas City, MO.
- Nickel, C. (April, 2022; Feb., 2023). *Peer Support training*. University Health Medical Staff Wellness Committee training. Kansas City, MO.
- Nickel, C. (July, 2021). *Primary care BH toolkit*. UMKC Community and Family Medicine Department Grand Rounds, Kansas City, MO.
- Nickel, C. (December, 2020). *Grief*. UMKC Community and Family Medicine Department Grand Rounds, Kansas City, MO.
- Nickel, C. (May, 2020). *Self-care in times of stress*. UMKC Community and Family Medicine Department Grand Rounds, Kansas City, MO.
- Nickel, C. (September, 2019). *Motivational Interviewing*. University Health Ambulatory Care Retreat-Nurse Care manager seminar, Lee's Summit, MO.
- Nickel, C. & Fazio, L.T. (April, 2017). *Difficult patients: Let's breathe out*. UMKC Community and

Family Medicine Department Chair's Conference. Kansas City, MO

- Nickel, C. (March, 2017). *DSM-5 diagnostics*. UMKC Family Medicine Residency Faculty Development seminar. Kansas City, MO.
- Nickel, C. & Fazio, L.T. (January, 2017). *Integrated behavioral health: How is it different?* University Health Behavioral Health case conference. Kansas City, MO.
- Nickel, C. (October, 2016). *Diaphragmatic breathing for anxiety treatment in primary care*. UMKC Community and Family Medicine Department Grand Rounds. Kansas City, MO.

UMKC FAMILY MEDICINE RESIDENCY DIDACTICS (18 month curriculum)

- Nickel, C. & Kraemer, E. (July, 2022). *The ethics of wellbeing*. UMKC Family Medicine Residency didactic seminar, Kansas City, MO.
- Nickel, C. (October, 2020; May, 2022; November, 2023). *Sleep disorders: Non-pharmacologic treatment of insomnia*. UMKC Family Medicine Residency didactic seminar, Kansas City, MO.
- Nickel, C. (February, 2019; November, 2020; April, 2022; September, 2023). *Personality disorders*. UMKC Family Medicine Residency didactic seminar, Kansas City, MO.
- Nickel, C. & Huke, K. (September, 2020; March, 2022). *Assessing and assisting victims of intimate partner violence*. UMKC Family Medicine Residency didactic seminar, Kansas City, MO.
- Nickel, C. (December 2018; October, 2019; December, 2021; May, 2023). *Mood disorders: Family medicine's role in identification and treatment*. UMKC Family Medicine Residency didactic seminar, Kansas City, MO.
- Nickel, C. (September, 2017; November, 2021; April, 2023). *Basics of human behavior, IBH, and patient centered communication*. UMKC Family Medicine Residency orientation, Kansas City, MO.
- Nickel, C. (May, 2020; September, 2021; March, 2023). *Geriatric mental health*. UMKC Family Medicine Residency didactic seminar, Kansas City, MO.
- Nickel, C. (February, 2020; August, 2021; January, 2023). *Diagnosis and treatment of anxiety disorders*. UMKC Family Medicine Residency didactic seminar, Kansas City, MO.
- Nickel, C. (July, 2021; July, 2022; July, 2023). *Residents as educators: Social and emotional learning*. UMKC Family Medicine Residency orientation, Kansas City, MO.
- Nickel, C. (July, 2021; July, 2022; July, 2023). *Residents as educators: Feedback*. UMKC Family Medicine Residency orientation, Kansas City, MO.
- Nickel, C. (January, 2020; July, 2021; December, 2022). *The spectrum of trauma responses*. UMKC Family Medicine Residency didactic seminar, Kansas City, MO.
- Nickel, C. (July, 2017; July, 2018; July 2019; July, 2020; July, 2021; July, 2022; July, 2023). *SAFER sleep program*. UMKC Family Medicine Residency orientation, Kansas City, MO.
- Nickel, C. (July, 2017; July, 2018; July 2019; July, 2020; July, 2021; July, 2022; July, 2023). *Strengths Finder*. UMKC Family Medicine Residency orientation, Kansas City, MO.
- Nickel, C. (July, 2016; July, 2017; July, 2018; July 2019; July, 2020; July, 2021; July, 2022; July, 2023). *Introduction to integrated behavioral health*. UMKC Family Medicine Residency orientation, Kansas City, MO.
- Nickel, C. (May, 2016; January, 2018; June, 2021; November, 2022). *SBIRT: Alcohol and drug*

- screening and treatment.* UMKC Family Medicine Residency didactic seminar. Kansas City, MO.
- Nickel, C. (March, 2018; October, 2019; May, 2021; October, 2022). *ADHD across the lifespan.* UMKC Family Medicine Residency didactic seminar, Kansas City, MO.
 - Nickel, C. (August, 2017; August, 2019; April, 2021; September, 2022). *Motivational Interviewing.* UMKC Family Medicine Residency didactic seminar, Kansas City, MO.
 - Nickel, C. (June 2016; December, 2017; June, 2018; October, 2019; February, 2021; August, 2022). *CBT based therapeutic intervention demonstration.* UMKC Family Medicine Residency didactic seminar, Kansas City, MO
 - Nickel, C. (January, 2019; December, 2020; June, 2022; December, 2023). *Eating disorders.* UMKC Family Medicine Residency didactic seminar, Kansas City, MO.
 - Karas, J. & Nickel, C. (March, 2020). *Anxiety and sports.* UMKC Family Medicine Residency didactic seminar, Kansas City, MO.
 - Nickel, C. (May, 2019). *Diagnosing and treating grief and common concurrent disorders of mental health.* UMKC Family Medicine Residency didactic seminar, Kansas City, MO.
 - Nickel, C. (April, 2019). *Effective communication and interviewing styles.* UMKC Family Medicine Residency didactic seminar, Kansas City, MO.
 - Nickel, C. & Cox, R. (March 2019). *Harassment by patients.* UMKC Family Medicine Residency Making Ourselves Better seminar, Kansas City, MO.
 - Nickel, C. (November, 2018). *Having difficult conversations.* UMKC Family Medicine Residency didactic seminar, Kansas City, MO.
 - Nickel, C. (May, 2017; September, 2018). *Empathy.* UMKC Family Medicine Residency didactic seminar, Kansas City, MO.
 - Nickel, C. (July, 2018 to current). *Resident wellness.* UMKC Family Medicine Residency **monthly wellness seminar**, Kansas City, MO.
 - Nickel, C. (May, 2018). *Death and dying.* UMKC Family Medicine Residency didactic seminar, Kansas City, MO.
 - Nickel, C. (August, 2017). *Test anxiety management and study strategies.* UMKC Family Medicine Residency didactic seminar. Kansas City, MO.
 - Nickel, C. (June, 2017). *Suicide risk assessment.* UMKC Family Medicine Residency didactic seminar. Kansas City, MO.
 - Nickel, C. (March, 2017). *Dialectical behavioral therapy.* UMKC Family Medicine Residency didactic seminar. Kansas City, MO.
 - Nickel, C. (January, 2017). *Developmental screening and assessment.* UMKC Family Medicine Residency didactic seminar. Kansas City, MO.
 - Nickel, C. & Fazio, L.T. (November, 2016). *Primary care psych tool kit.* UMKC Family Medicine Residency didactic seminar. Kansas City, MO.
 - Nickel, C. (2016, May). *SBIRT and motivational interviewing: Implementation with athletes.* Seminar given as part of UMKC Sports Medicine Fellowship didactics. Kansas City, MO.

PUBLICATIONS

- Nickel C, Gildenblatt L. Finding compassion when compassion fatigued. *Int J Psychiatry Med*. 2023 Nov 20:912174231215923. doi: 10.1177/00912174231215923.
- Nickel, C. (March, 2021). Psychological toll of COVID-19 on physicians. *Truman Medical Center Physician Newsletter, Winter 2021*, 3.
- Nickel, C. (December, 2019). An argument for integrated behavioral health. *Truman Medical Center Physician Newsletter, Fall 2019*, 4-6.
- Nickel, C. (September, 2019). An argument for integrated behavioral health. *Kansas City Medicine*, 5(3), 20-22.
- Huffman, M., **Nickel, C.**, & O'Dell, M. (August, 2018). Results of initial physician wellness survey show higher than average burnout-related scores. *Kansas City Medicine*, 5(3), 6-7.