

Curriculum Vitae  
**ISHA W. METZGER, PH.D.**  
[www.drishametzger.com](http://www.drishametzger.com)

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**ACADEMIC APPOINTMENTS**


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- 2017 – Present **Tenure-Track Assistant Professor**  
 University of Georgia, Department of Psychology  
 Director. The EMPOWER Lab | 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>  
 Office. 706.542.4059 | Cell. 404.784.7659
- 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>

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**LICENSURE**


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

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**EDUCATION**


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- 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

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**TRAINING**


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- 2020 **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 2020 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)
- 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

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**PERSONAL STATEMENT**


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I am a health equity researcher from Atlanta, Georgia by way of Sierra Leone, West Africa. As Director of The EMPOWER Lab, my research and clinical interests focus on Engaging Minorities in Prevention, Outreach, Wellness, Education, & Research. My research emphasizes the importance of improving evidence-based interventions and preventing risk behaviors (e.g., risky sex, alcohol use) through understanding risk factors (e.g., racial discrimination) and leveraging 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 August 31, 2020 – August 30, 2025  
 Investigators PI: **Metzger**  
 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 Submitted October 2019  
 Investigators PI: Kogan, Co-I: **Metzger**  
 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) P50DA051361  
 Amount Dr. Metzger was selected as a mentee for this grant and will be expected to participate in training and carry out a \$20,000 pilot study.

Dates Summer 2020  
 Investigators PI: **Metzger**  
 Title Grantwriting to test racial socialization adapted TF-CBT for African American youth  
 Agency Building a Multidisciplinary Pipeline of Researchers in Child Abuse and Neglect: 2020 Summer Training Institute for Early Career or Transitioning Scholars  
 Amount Competitive Trainee Award includes costs of materials, food, lodging, travel and mentor communication

Dates July 2019 – November 2021  
 Investigator PI: **Metzger**  
 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 June 2019 - Present  
 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 August 2018 - Present  
 Investigator PI: **Metzger**  
 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 October 2017 - Present  
 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 09/30/2015-09/29/2020  
 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 12/01/2019-11/30-2021

Investigators PI: Strauss; PI of Diversity Supplement: Ruiz; Co-Is: Carter, McDowell, **Metzger**

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 R01MH116039-02S1

Amount \$116,282

Completed Research Support

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 NIMH/NIH 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 August 2020 for budget period 8/15/2021-6/30/2026  
 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

Dates Submitted August 2020 for budget period 5/1/2021-4/30/2026  
 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 Sub award budget is proposed in the amount of \$164,855

Unfunded Applications for Research Support

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**


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2020 Clinical Award for Outstanding Supervision, Clinical Psychology Program, University of Georgia  
 2019 Recognized as "faculty who had a significant, positive, impact on the career decision-making process of a graduate in the class of 2019", 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
2016	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

1. Bountress, K. E., Gilmore, A.K., **Metzger, I.W.**, Aggen, S.H., Tomko, R.L., Danielson, C.K., Williamson, V., Vladimirov, V., Ruggiero, K.\*, & Amstadter, A.B.\* (In Press, 2020). The impact of severity of disaster exposure: Cascading effects across parental distress, adolescent PTSD symptoms, and parent-child conflict and communication. *Social Science & Medicine*.
2. Ritchwood, T., Malo, V., Jones, C., **Metzger, I.**, Atujuna, M., Marcus, R., Conserve, D., Handler, L., & Bekker, L. G. (in press, 2020). What happens after adolescents living with HIV transition to adult care? A systematic review. *BMC Public Health*.
3. **Metzger, I.**, Anderson, R., Are, F., & Ritchwood, T (in press, 2020). Healing interpersonal and racial trauma: Integrating Racial Socialization into TF-CBT for African American Youth. *Child Maltreatment*.
4. **Metzger, I.**, Cooper, S., Griffin, C. B., Golden, A., Opara, I., & Ritchwood, T., (in press, 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*.
5. Griffin, C. B., **Metzger, I.**, Halliday-Boykins, C., & Salzar, C. (in press, 2020). Exploring Associations Among African American Youths' Perceptions of School Racial Climate and School Engagement: Does Gender Matter? *School Psychology Review*.
6. Opara, I., Lardier Jr. D.T., **Metzger, I.**, Herrera, A., Franklin, L., Garcia-Reid, & Reid R.J.. (in press, 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>
7. Jones, S. T., **Metzger, I.**, & Anderson, R., (in press, 2020). "Standing in the Gap": The continued importance of culturally competent therapeutic interventions for Black youth. *Evidence-Based Practice in Child & Adolescent Mental Health*.
8. Anderson, R., **Metzger, I.**, Jones, S., Lozada, F., (in press, 2020). Interrupting the Pathway from Discrimination to Psychological Outcomes: Investigating Racial Worries and Racial Socialization Competency. *Child Development*.
9. 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>
10. Salami, T., Lawson, E., & **Metzger, I.**, (in press, 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*.
11. 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>
12. Griffin, C. B., **Metzger, I.**, Halliday-Boykins, C., & Salazar, C. (in press, 2020). Racial Fairness, School Engagement, and Discipline Outcomes in African American High School Students: The Important Role of Gender. *School Psychology Review*.
13. Henderson, D., Jones, J., McLeod, K., Jackson, K., Lunsford, A., & **Metzger, I.** (2020). A Phenomenological Study of Racial Harassment in School and Emotional Effects among a Sample of Older Adolescents. *The Urban Review*. 1-24. [10.1007/s11256-020-00551-5](https://doi.org/10.1007/s11256-020-00551-5).

14. 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.
15. 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.
16. 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*, 0886260519831380.
17. **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*. Doi:10.1037/cdp0000204.
18. 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. <http://dx.doi.org/10.1037/pri0000076>.
19. 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>.
20. 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.
21. 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*.
22. 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*. doi:10.1080/15504263.2018.1439212.
23. 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.
24. 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.
25. **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.
26. 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.
27. Griffin, C B., Cooper, S. M., **Metzger, I.**, & Golden, A. (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.
28. 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, DOI: 10.1080/16066359.2016.1271416. NIHMSID 843907.
29. **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. PMID: PMC5373031. NIHMSID: 845176.
30. 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. NIHMSID 780214. PMID: PMC4884511.

31. 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. NIHMSID 845190.
32. 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. NIHMSID 698028. PMCID: PMC4521986.
33. 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.
34. 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.
35. 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.
36. **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.
37. 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.
38. 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.
39. 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.

#### MANUSCRIPTS SUBMITTED OR UNDER REVISION

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1. Gilmore, A. K., Moreland-Johnson, A. D., Lopez, C., M., **Metzger, I. W.**, Leone, R., M., & Goodrum, N., (submitted 8/24/2020). Women Who Write (WWW): Women-Led Research Support Groups to Bolster Success in Academia During the COVID-19 Pandemic and Anti-Racism Protests. *Perspectives on Psychological Science*.
2. Henderson, D. X., Bond, G. D., **Metzger, I.**, Lee, A. K., Corneille, M., Brown Griffin, C., & Lozada, F. T., (submitted 9/1/2020). In Search of Emotional Resilience Through Priming and Writings: A Retrospective Study of BALANAs' Adverse Race-Related Experiences in School
3. 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*.
4. 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*.
5. 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*.
6. Anderson, R., **Metzger, I.**, Applewhite, K., Sawyer, B., Jackson, W., Flores, S., McKenny, M., & Carter, R. (invited revision under review 8/29/2020). Hands Up, Now What?: Participant Reactions to Family and School Racial Socialization Interventions to Reduce Racial Stress for Black Youth. *Journal of Youth Development*.

#### MANUSCRIPTS IN PREPARATION

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1. **Metzger, I.**, Moreland, A., Lopez, C. M., & Hamilton, J. (in preparation). A Qualitative Approach to Understanding Ethnic Differences in Service Utilization at a Children's Advocacy Center Following Childhood Abuse. *Child Abuse & Neglect*.

2. Boykin-Halliday C., Andrews, A., **Metzger, I.**, Salami, T. K., Danielson, C., K., Saunders, B. E., & Kilpatrick, D. G. (reject & resubmit, 7/1/2019). Gender Differences in the Effects of Potentially Traumatic Experiences on Adolescents' Alcohol and Delinquency Outcomes: The Role of Ethnicity. *Journal of Interpersonal Violence*.
3. Salami, T. K., Andrews, A., **Metzger, I.**, de Arellano, M., Saunders, B., & Kilpatrick, D. G. (revise & resubmit, 7/1/2019). Racial differences in perceived neighborhood threat on post-trauma symptoms: The preceding role of hyperarousal. *Journal of Youth and Adolescence*.
4. Abboud, S., **Metzger, I.**, Koo, K., McKenny, M., & Brawner, B., (reject & resubmit, 7/10/2019). Intersectionality of Ethnic Identity, Emotion Regulation, and Gender Roles among Black Adolescents with Mental Illnesses. *Ethnicity & Health*.
5. **Metzger, I.**, Opara, I., de Arellano, M., & Danielson, C. (in preparation). Application of ADAPT-ITT to Develop Culturally Enhanced Trauma Focused- Cognitive Behavior Therapy for African American Youth and Caregivers.
6. **Metzger, I.**, Opara, 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.
7. **Metzger, I.**, Opara, I., Lardier Jr., D.T., & Kilpatrick, D., (in preparation). NSA-R Latent Class Analysis of DSM-5 PTSD Symptoms among African American, White American, and Hispanic Boys and Girls. The Impact of Polyvictimization.
8. **Metzger, I.**, Moreland, A., Swiecicki, C., 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.
9. **Metzger, I.**, Stewart, R., de Arellano, M., Ritchwood, T., & Danielson, C.K. (in preparation). Validating a comprehensive cultural sensitivity effectiveness evaluation model for risk behavior prevention programs designed for African American adolescents following trauma exposure.
10. **Metzger, I.**, Williams, M. T. (in preparation). Validating the UConn Racial/Ethnic Stress & Trauma Survey (UnRESTS) for Adolescents: A Measure of Racial Trauma According to the DSM-5 Framework.
11. Griffin, C B., **Metzger, I.**, & Cooper, S. M., (in preparation). Racial Socialization and the Academic Self-Esteem of African American Adolescents: Racial Private and Public Regard as Mediators?
12. Opara, I., **Metzger, I.**, Garcia-Reid, P., & Reid, R.J., (in preparation). Sociopolitical control as a mediator between social support, ethnic identity on drug use among Black Girls. *Journal of Youth & Adolescence or Social Work Research*.
13. Opara, I., Lardier Jr., D.T., **Metzger, I.**, Garcia-Reid, P., & Reid, R.J, (in preparation). Psychological Empowerment Regressed on Ethnic Identity among Black Girls. *Youth & Society*.
14. Opara, I., Lardier Jr., D.T., **Metzger, I.**, Rivera Rodas, E., Garcia-Reid, P., & Reid, R.J, (in preparation). Validation of SPCS-Y groups on drug use, sense of community, ethnic identity, and social support (using LCA/MANCOVA) among Hispanic girls. *Hispanic Journal of Behavioral Sciences*.
15. Opara, I., **Metzger, I.**, Assan, M., Hamilton, J., Pierre, K., & Arugu, E., (in preparation). Black Youth Suicide: A Conceptual Framework. *Journal of Black Studies*.
16. Opara, I., **Metzger, I.**, Walcot-Ceesay, B.\*, Garcia-Reid, P., & Reid, R.J., (in preparation). Evaluation of a Peer Mentoring Program: High-Achieving Urban Black & Brown Students—success of a peer mentoring program (can be more than one paper). *Education & Urban Society*
17. Opara, I., & **Metzger, I.**, Garcia-Reid, P., & Reid, R.J., (in preparation). Marijuana Perception among Urban Youth (qualitative). *Drug Education & Prevention*.
18. Opara, I., & **Metzger, I.**, Garcia-Reid, P., & Reid, R.J., (in preparation). Faith Based Leaders role in HIV/AIDS prevention. *Journal of Religion & Health or Social Work & Christianity*.

#### **INTERNATIONAL CONFERENCE PRESENTATIONS**

1. **Metzger, I.**, Anderson, R., Varner, F., Banerjee, M., Witherspoon, D., & Minor, K., (accepted, 2020). Racial Socialization in TF-CBT to Promote Healing for Black Youth: Application of the ADAPT-ITT Mode. 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.
2. **Metzger, I.**, Anderson, R., Are, F., & Ritchwood, T (accepted, 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.

3. **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.
4. 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.
5. **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.
6. 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.
7. **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.
8. **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.
9. 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, 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.
2. 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.
3. 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.
4. **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.
5. **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.
6. **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.
7. **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.
8. **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.
9. 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.
10. **Metzger, I.** (2017). *Health Disparities Associated with Trauma Exposure and Treatment*. Medical University of South Carolina Fall Research Meeting. Invited Talk. Charleston, SC.

11. **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.
12. **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. Mekawi, Y., **Metzger, I.**, Anderson, R., & Williams, M. (accepted, 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.
2. Bernard, D., **Metzger, I.**, McKenna, B., Watson-Singelton, N., Carter, S., Lott, A., & Michopoulos, V. (accepted, 2020). 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.
3. **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.
4. 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.
5. 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.
6. **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.
7. **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.
8. **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.
9. 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.
10. **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.
11. 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.
12. 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.
13. **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.
14. **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.

15. 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.
16. 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.
17. **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
18. 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
19. **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.
20. 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.
21. 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.
22. 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.
23. **Metzger, I.** (2009). *Expressive and Receptive Vocabulary Knowledge Among Elementary School Children K- 2*. Southeastern Psychological Association Research Convention. Poster Session, New Orleans, Louisiana..
24. **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

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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**

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- 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  
Special Education Programs, Georgia State University, Atlanta, GA
- 2007 – 2009 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**

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### Assistant Professor

University of Georgia, Athens, GA

- 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

### 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

### Co- Lectures and Guest Lectures

Georgia State University

## 2020 Intervention and Evaluation of Health Promotion and Disease Prevention

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**

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- 2020 – Present Lyra Health, DE&I Consultant for <https://www.lyrahealth.com/>  
 2020 Bowtie Leadership & Development, Inc., [www.bowtieleadership.com](http://www.bowtieleadership.com), BowtieConvo Series, "How to Talk to (K-12) Children About Race & Inclusion".  
 2020 Tysons Regional Chamber of Commerce  
 2020 Delta Airlines, Inc. Human Resources – Global Mobility, HR Speaker Series on Racial Trauma, Inequality and Psychology: Drive me crazy, then call me crazy  
 2020 University of North Carolina at Chapel Hill UNC 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  
 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  
 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**Clinical Trainings and Workshops

1. **Metzger, I.,** (2020). Identity Based Work & Being a Non-Optical Ally: Healing Interpersonal and Racial Trauma. Lyra Health. Burlingame, C. Invited Virtual Facilitated Discussion Series.
2. **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.
3. **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.

4. **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.
5. **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.
6. **Metzger, I.** (2019). *Trauma Focused Cognitive Behavioral Therapy Techniques for Multidisciplinary School Practitioners*. Youth Mental Health Summit. Advantage Behavioral Health Systems. Athens, GA.
7. **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.
8. **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 Offering

1. Racial Trauma Guide (2020) <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; 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

- 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 Channel 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 Baccamo
- 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

**ACADEMIC SERVICE**

Grant and Symposium Review

- 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)

- 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

- 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 University of Georgia

- 2020 Owens Institute for Behavioral Research OIBR 50TH Anniversary Academic Planning Advisory  
Committee for Symposium on Friday, October 23, 2020
- 2019 RISE Scholars Leadership & Academic Program for College Success: A Talk with UGA Professors  
Invited Faculty Panelist, Office of Institutional Diversity, University of Georgia
- 2018, 2019 Future Scholars Visitation Program, Faculty Host  
The University of Georgia Graduate School, Office of Recruitment and Diversity Initiatives
- 2018 – Present Ronald E. McNair Post-Baccalaureate Achievement Program  
Faculty Mentor
- Spring 2018 Georgia African American Male Experience (GAAME) Weekend Academic Lecture  
Invited Speaker, Office of Institutional Diversity, University of Georgia
- Fall 2017 Dialogues in Diversity Series  
Invited Speaker, Office of Institutional Diversity, University of Georgia
- Fall 2017 AACC Fall 2017 Advisor Workshop  
Invited Speaker and Panelist, Academic Advising Coordinating Council, University of Georgia



Fall 2017 University of Georgia Doctoral Scholars Reception  
 Invited Representative: Department of Psychology, 24<sup>th</sup> Annual Institute on Teaching and Mentoring-  
 Compact for Faculty Diversity Conference, Southern Regional Education Board

Service to the Psychology Department at the University of Georgia

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 Member, Application Workshop, Recruitment Workshop, Diversity Prosem  
 2017, 2018 Admissions Committee

Student Committees at the University of Georgia

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 Masters Committee: Steve 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 Masters 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. 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

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.

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 Stephania LaShawn Jackson, University of South Carolina

Ronald E. McNair Post-Baccalaureate Achievement Program Scholars Mentored

- 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**

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- 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's Non-Discrimination and Anti-Harassment (NDAH) Policy, 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**

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- 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**

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- August 2020 Pillow Fort Sessions Podcast, Dr. Metzger the Super ResearchER
- August 2020 One in Ten, The Meaning of Healing for Black Kids and Families

- July 2020 Yale School of Public Health News, [Diverse Scholars Institute Supports Underrepresented Faculty](#)
- July 2020 ILYMagazine, Emotional Wellness during a Public Health and Racism Epidemic
- June 2020 Salone Health, Sierra Leoneans against COVID-19
- June 2020 Black Womxn Healing Podcast, Let's Talk about Childhood Trauma, Episode 33 ft. Dr. Isha Metzger
- June 2020 COVID-Campus Return, Student Voices Series Hosted by Dr. Isha Metzger and Dr. Maryam Jernigan
- June 2020 Racial Trauma Guide, Presented by the Psychology Department and The EMPOWER Lab at UGA
- May 2020 Voyage ATL, Local Stories, Conversations with the Inspirational Dr. Isha Metzger
- February 2019 APA Journals Article Spotlight, American Psychological Association  
"Uncovering the Trauma of Racism." Many ethnic and racial groups experience higher rates of posttraumatic stress disorder (PTSD) as compared to White Americans. One explanation for this is the experience of racism, which can itself be traumatic. When traumatization is due to experiences of racism it is sometimes called racial trauma. Racial trauma can result from major experiences of racism such as workplace discrimination or hate crimes, or it can be the result of an accumulation of many small occurrences, such as everyday discrimination and microaggressions. An article by Williams, Metzger, and colleagues, published in *Practice Innovations*, aims to provide a context for understanding how racism can lead to a diagnosis of PTSD according to the 5th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). <https://www.apa.org/pubs/highlights/spotlight/issue-128>
- October 2018 On Second Thought, NPR, Georgia Public Broadcasting  
"What Do We As A Culture Say About Sexual Assault?" By Virginia Prescott, Elena Rivera & Leighton Rowell. Dr. Isha Metzger, Assistant Professor of Psychology at the University of Georgia, and Sally Sheppard, the Executive Director of The Cottage, a sexual assault and children's advocacy center in Athens, GA, joined in on the national conversation about sexual assault surrounding Dr. Christine Blasey Ford and Supreme Court nominee Brett Kavanaugh. Topics discussed include the psychological effects of sexual assault (e.g., repressed memories, PTSD, triggers), why women might choose to not report or disclose that they have been sexually assaulted, and the role of psychologists and advocates in healing from trauma. Episode of "On Second Thought" is available for download on NPR, Apple Music podcasts, Soundcloud, and other streaming apps. <http://wjsp.drupal.publicbroadcasting.net/post/second-thought-monday-october-1-2018>