

DESPINA COLETTE NICOLAOU, PhD

Department of Psychological Sciences
Rice University
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LISCENSURE

2010-present	National Register of Health Service Providers in Psychology 52888	
2009-present	Licensed Psychologist PSY 22685	California

EDUCATION

2002-2007	Drexel University <ul style="list-style-type: none">• Ph.D. Degree: Clinical Psychology• M.S. Degree: Clinical Psychology	Philadelphia, PA
2001-2002	Harvard University Division of Continuing Studies <ul style="list-style-type: none">• C.P.H. Diploma: Graduate Certificate in Public Health	Cambridge, MA
1998-1999	Georgetown University <ul style="list-style-type: none">• M.S. Degree: Applied Physiology and Biophysics	Washington, DC
1994-1998	University of Pennsylvania <ul style="list-style-type: none">• B.A. Degree: Double Major Biology and Medical Anthropology	Philadelphia, PA

TEACHING EXPERIENCES

2011- Present	Rice University <ul style="list-style-type: none">• <u>Lecturer</u><ul style="list-style-type: none">- Introduction to Psychology- Developmental Psychology- Clinical Psychology• <u>McMurtry College</u><ul style="list-style-type: none">- Faculty Associate & O-Week Advisor	Houston, TX
2009	University of Southern California <ul style="list-style-type: none">• <u>Instructor</u><ul style="list-style-type: none">- Psychotherapy with Children and Adolescents	Los Angeles, CA

2003-2004	Drexel University <ul style="list-style-type: none"> • <u>Instructor</u> - Approaches to Personality Theories - Abnormal Psychology, Laboratory 	Philadelphia, PA
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APA ACCREDITED TRAINING

2007-2009	Children's Hospital Los Angeles <ul style="list-style-type: none"> • Post-Doctoral Psychology Fellowship 	Los Angeles, CA
2006-2007	Children's Hospital Los Angeles <ul style="list-style-type: none"> • Psychology Internship 	Los Angeles, CA

AWARDS, HONORS, SERVICE & LEADERSHIP

	Rice University Awards	Houston, TX
2020	• George R. Brown Excellence in Teaching Award	
2020	• Career Champion Award, Rice Center for Career Development	
2020	• Nominee: C.M. and Demaris Hudspeth Endowed Award	
2019	• Sarah A. Burnett Teaching Prize in the Social Sciences	
2019	• Weiss Favorite Professor	
2018, 2019	• Rice Scholar Athlete Favorite Professor Award	
2014-2020	• Will Rice Favorite Spring Professor	
2014-2019, 2021	• Will Rice Favorite Fall Professor	
2018	• George R. Brown Award for Superior Teaching	
2018	• McMurtry College Outstanding Faculty Associate Prize	
2018	• Baker Best Professor	
2014	• McMurtry College Distinguished Faculty Associate Prize	
	Rice University Service	Houston, TX
2021-present	• Faculty Club Advisor Rice Student Volunteer Program	
2021-present	• Faculty Club Advisor Rice Design	
2019-present	• Faculty Club Advisor Rice UNICEF	
	• Faculty Sponsor for Student Taught Courses	
2020-2021	- History and Psychology of Murder	
2019	- Vegan Treats and Sinful Sweets	
2016	- Insights into Modern Anime: A Character Study	
	• Faculty Advisor for Alternative Spring Break Projects	
2019-2020	- UnderMINDing Uprooting: Refugee and Asylum Seekers' Mental Health	
2020-2021	- Mental Health Care and Literacy	
2017	• Founding Member Psychology Department Teaching Interest Group	
2014-present	• Rice Women's Club Children's Halloween Party Co-Chair	

2013-present	<ul style="list-style-type: none"> • Faculty Associate and O-Week Advisor, McMurtry College 	
August 2009 August 2008	<p>Children’s Hospital Los Angeles</p> <ul style="list-style-type: none"> • Clinical Excellence Award, Post-Doctoral Fellow • Exemplary Scholar Award, Post-Doctoral Fellow 	Los Angeles, CA
August 2009	<p>National Register</p> <ul style="list-style-type: none"> • Early Career Psychologist Credentialing Scholarship 	
2006-2009	<p>LEND (Leadership Education in Neurodevelopmental Disabilities) Fellow</p> <ul style="list-style-type: none"> • USC University Center for Excellence in Developmental Disabilities (UCEDD) 	Los Angeles, CA
2005-2006 2002-2006	<p>Drexel University</p> <ul style="list-style-type: none"> • Advanced Graduate Assistant Fellowship • Graduate Research Fellowship, Full Scholarship 	Philadelphia, PA
2003-2005	<p>Society of Pediatric Psychology</p> <ul style="list-style-type: none"> • National Student Advisory Board Member 	

ADDITIONAL CLINICAL EXPERIENCES

2005-2006	<p>Children’s Hospital of Philadelphia</p> <ul style="list-style-type: none"> • <u>Supervisors</u>: Jerilynn Radcliffe, Ph.D. & Lamia Barakat, Ph.D. 	Philadelphia, PA
2004-2005	<p>Harbor-UCLA Medical Center</p> <ul style="list-style-type: none"> • <u>Supervisor</u>: Karen Rathburn, Ph.D. 	Torrance, CA
2003-2004	<p>Children’s Hospital of Philadelphia</p> <ul style="list-style-type: none"> • <u>Supervisor</u>: Carol L. Armstrong, Ph.D. 	Philadelphia, PA
2000-2001	<p>Massachusetts General Hospital</p> <ul style="list-style-type: none"> • <u>Supervisor</u>: Susan Sprich, Ph.D. 	Boston, MA
1999-2000	<p>San Diego State University</p> <ul style="list-style-type: none"> • <u>Supervisor</u>: John E. Martin, Ph.D. 	San Diego, CA

RESEARCH EXPERIENCES

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| 2007-2009 | Children's Hospital Los Angeles <ul style="list-style-type: none"> • Girl Talk Parent Support Group: A Group Intervention for Parents of Girls with Craniofacial Differences • <u>Supervisor</u>: Alessia Johns, Ph.D. | Los Angeles, CA |
| 2002-2006 | St. Christopher's Hospital for Children <ul style="list-style-type: none"> • Sickle Cell Disease: Needs Assessment Project • <u>Supervisors</u>: Lamia P. Barakat, Ph.D. & Chavis Patterson, Ph.D. | Philadelphia, PA |
| 2002-2003 | Children's Hospital of Philadelphia <ul style="list-style-type: none"> • Surviving Cancer Competently Intervention Program (SCCIP) • <u>Supervisor</u>: Lamia P. Barakat, Ph.D. | Philadelphia, PA |
| 2000-2002 | Massachusetts General Hospital <ul style="list-style-type: none"> • Anxiety Disorders Research Program • <u>Supervisors</u>: Michael W. Otto, Ph.D. & Mark H. Pollack, M.D. | Boston, MA |
| Summer 1998 | Children's Hospital Boston, Harvard Medical School <ul style="list-style-type: none"> • <u>Supervisor</u>: Judah Folkman, M.D. | Boston, MA |
| Fall 1996 | University of Pennsylvania <ul style="list-style-type: none"> • <u>Supervisor</u>: Anthony Cashmore, M.D. | Philadelphia, PA |
| Summer 1996 | Rady Children's Hospital <ul style="list-style-type: none"> • Center for Child Protection • <u>Supervisor</u>: Diana Champion | San Diego, CA |
| Summer 1995 | The Scripps Research Institute <ul style="list-style-type: none"> • Department of Molecular & Experimental Medicine • <u>Supervisor</u>: Ernest Beutler, M.D. | La Jolla, CA |
| Summer 1993 | University of Arizona <ul style="list-style-type: none"> • Department of Archaeology • <u>Supervisor</u>: Pamela Gaber, Ph.D. • Excavated the Temple of Apollo (500 BCE) on site | Dali, Cyprus |

PROFESSIONAL TRAINING

- 2008-2009 **Trauma Focused Cognitive Behavioral Therapy (TF-CBT)**
 - Instructors: Karen Rogers, Ph.D. & Sam Girguis, Ph.D.
- September 2006 **Autism Diagnostic Observation Survey (ADOS)**
 - Instructors: Marie Poulsen, Ph.D., Monique Hering-Atkins, Psy.D. & Tamara Soles, Ph.D.
- October 2006 **Incredible Years Training**
 - Instructor: Dean Coffey, Psy.D.

PUBLICATIONS

- Johns, A., Gutierrez, Y., **D.C. Nicolaou**, Garcia, L., Cespedes-Knadle, Y., & Laura Bava. Support Group for Caregivers of Children with Craniofacial Differences, *Social Work with Groups*, 41, 211-226.
- **Nicolaou, D.C.**, & Barakat, L.P. Quality of Life Among Children with Sickle Cell Disease and Children with Brain Tumors: Utility of the Miami Pediatric Quality of Life Questionnaire, *In progress*.
- Barakat, L.P., **Nicolaou, D.C.**, O'Hara, E., & Allan, S. Sickle Cell Disease. In W.T. O'Donohue, (Ed.), *Behavioral Approaches to Chronic Disease in Adolescence: A Guide to Integrative Care*. Springer Press, (2009).
- **Nicolaou, D.C.**, Johns, A.L., & Garcia, L. (2008). Girl Talk Parent Support Group: A Group Intervention for Parents of Girls with Craniofacial Differences. *The Group Psychologist*, 18, 11-12.
- Gold, J., **Nicolaou, D.C.**, Yu, W., Katz, A., Benaron, D., & Belmont, K. (2008). Pediatric Acupuncture: A Review of Clinical Research. *Evidenced-Based Complementary and Alternative Medicine*.
- Barakat, L.P., Lash, L.A., Lutz, M.J., & **Nicolaou, D.C.** Psychological Adjustment in Children and Adolescents with Sickle Cell Disease. In R. T. Brown, (Ed.), *Comprehensive Handbook of Childhood Cancer and Sickle Cell Disease*. Oxford University Press (2006).
- Barakat, L.P., Lutz, M.J., **Nicolaou, D.C.**, & Lash, L.A. (2005). Parental Locus of Control and Family Functioning in the Quality of Life of Children with Sickle Cell Disease. *Journal of Clinical Psychology in Medical Settings*, 12, 323-331.

- Simon, N.M., Otto, M.W., Smits, J.A., **Nicolaou, D.C.**, Reese, H.E., & Pollack, M.H. (2004). Changes in Anxiety Sensitivity with Pharmacotherapy for Panic Disorder. *Journal of Psychiatric Research*, 38, 491-495.
- Otto, M.W., Safren, S.A., **Nicolaou, D.C.**, & Pollack, M.H. (2003) Considering Mechanisms of Action in the Treatment of Social Anxiety Disorder. In M. H. Pollack, N. M. Simon, & M. W. Otto (Eds.), *Social Anxiety Disorder: Research and Practice*. New York: Castle Connolly Graduate Medical Publishing, Ltd.
- Simon, N.S., Pollack, M.P., **Nicolaou, D.C.**, Stern, T.A. (2003). Recognition and Treatment of Anxiety in the Intensive Care Unit Patient. In R.S. Irwin & J.M. Rippe (Eds.), *Intensive Care Medicine* (pp. 2162-2169). Philadelphia, PA: Lippincott Williams & Wilkins.
- Simon, N.S., Otto, M.W., Korbly, N.B., Peters, P., **Nicolaou, D.C.**, & Pollack, M.H. (2002) Quality of Life in Social Anxiety Disorder: Comparison with Panic Disorder and the General Population. *Psychiatric Services*, 53(6), 714-718.

POSTERS & PRESENTATIONS

- Munoz, C., Golodner, C., Carson, M., & **Nicolaou, D.C.** (2008). Group Therapy to Enhance Adjustment among Female Teens with Type 1 Diabetes. Poster Presented to the 2008 Kansas Conference on Clinical Child and Adolescent Psychology, Lawrence, KS.
- **Nicolaou, D.C.**, Johns, A.L., & Garcia, L. (2008). Girl Talk Parent Support Group: A Group Intervention for Parents of Girls with Craniofacial Differences. Poster presented to the 2008 American Psychological Association, Boston, MA.
- **Nicolaou, D.C.**, Barakat, L.P., & Foster, J. (2008). Secondary Prevention for HIV-Positive Adolescents: Psychosocial Functioning, Health Promoting Factors, and Disease Control. Poster presented to the 2008 National Conference in Child Health, Miami, FL.
- **Nicolaou, D.C.**, Parrino, T, Barakat, L.P., Laguerre, R., Everett, M., Ortiz, L., Richey, R., & Foster, J. (2007). Secondary Prevention for HIV-Positive Adolescents: Impact on Biomedical and Psychosocial Functioning. Poster submitted to the 2007 Pediatric Academic Society Annual Meeting, Toronto, Canada.
- Gold, J., Haselrig, T., **Nicolaou, D.C.**, & Belmont, K. (2007). The Role of Ethnicity on Pain Perception, Fatigue, and Quality of Life in a Pediatric Chronic Pain Population. Poster presented to the 2007 American Psychological Association Conference, San Francisco, CA.
- **Nicolaou, D.C.**, Slome-Weinberger, B., Barakat, L.P., Patterson, C.A., & Dampier, C. (2006). The Role of Hope in the Relationship between Pain Frequency and Quality of Life in Adolescents with Sickle Cell Disease. Poster presented at the 2006 National Conference on Child Health, Gainesville, FL.

- Loisel, K.A., Sylvestre, T., Simon, K., Herman, S., **Nicolaou D.C.**, Slome-Weinberger, B., Barakat, L.P., Patterson, C.A., & Dampier, C. (2006). The Role of Family Functioning on Academic Functioning in Teens with SCD and Their Healthy Siblings. Poster presented at the 2006 National Conference on Child Health, Gainesville, FL.
- Lash, L.A., Barakat, L.P., Patterson, C., **Nicolaou D.C.**, & Dampier, C. (2006). Risk and Resistance Variables in the Quality of Life of Three Pediatric Illness Groups. Poster presented at the 2006 National Conference on Child Health, Gainesville, FL.
- Gonzalez, E.D., **Nicolaou, D.C.**, Herman, S., Simon K., Restifo V., Patterson, C.A., & Barakat, L.P. (2005). Comparing Adolescents with Sickle Cell Disease to Their Siblings. Poster presented at 2005 American Psychological Association Conference, Washington, DC.
- Barakat, L.P. Patterson, C.A., Lash, L.A., **Nicolaou, D.C.**, Gonzalez, E.D., & Dampier, C. (2005). Health Outcomes for Adolescents with Sickle Cell Disease: Family Matters. Poster presented at the 2005 American Psychological Association Conference, Washington, DC.
- Barakat, L.P., Patterson, C.A., Lash, L.A., **Nicolaou, D.C.**, Gonzalez, E.A., & Dampier, C. (2005). Family Functioning and Health Outcomes for Adolescents with Sickle Cell Disease: Teen, Caregiver, and Healthy Sibling Perspectives. Presented at the 28th Annual Meeting of the National Sickle Cell Disease Program, Cincinnati, OH.
- **Nicolaou, D.C.**, Lash, L.A., Lutz, M.J., & Barakat, L.P. (2004). The Impact of Parental Locus of Control and Family Functioning on Quality of Life in Children with Sickle Cell Disease. Poster presented at the 2004 Association for Advancement of Behavior Therapy Conference, New Orleans, LA.
- Barakat, L.P., Patterson, C., Lash, L.A., **Nicolaou, D.C.**, & Dampier, C. (2004). Coping Resources and Family Functioning in Health Outcomes for Adolescents with Sickle Cell Disease, Their Primary Caregivers, and Their Healthy Siblings. Presented at the 32nd Annual Convention of the Sickle Cell Disease Association of America, Inc., Atlanta, GA.
- **Nicolaou, D.C.** & Barakat, L.P. (2004). Measurement of Quality of Life of Two Pediatric Chronic Illness Groups: Brain Tumors and Sickle Cell Disease. Poster presented at the 2004 Society of Pediatric Psychology Conference on Child Health Psychology, Charleston, SC.
- Lash, L.A., Barakat, L.P., Patterson, C., **Nicolaou, D.C.**, & Dampier, C. (2004). Illness Parameters and Stress Processing Variables in the Psychological Adjustment of Three Chronic Illness Groups. Poster presented at the 2004 Society of Pediatric Psychology National Conference on Child Health Psychology, Charleston, SC.
- Barakat, L.P., Patterson, C., Lash, L.A., **Nicolaou, D.C.**, & Dampier, C. (2004). Association of Appraisals and Coping with Health Outcomes in Adolescents with Sickle Cell Disease, their Primary

Caregivers, and their Healthy Siblings. Poster presented at the 2004 Society of Pediatric Psychology National Conference on Child Health Psychology, Charleston, SC.

- Simon, N.M., Otto, M.W., **Nicolaou, D.C.**, Reese, H.E., & Pollack, M.H. (2003). Changes in Anxiety Sensitivity with Pharmacotherapy for Panic Disorder. Poster presented at the 2003 Association for Advancement of Behavior Therapy Conference, Boston, MA.
- Lash, L.A., **Nicolaou, D.C.**, & Barakat, L.P. (2003). The Association of Appraisal, Life Threat, and Coping: An Examination of College Students, Chronic Illness Groups. Symposium presentation at the 2003 Eastern Psychological Association Conference, Baltimore, MD.
- Kinrys G.D., **Nicolaou D.C.**, Simon N.S., Worthington J.J., & Pollack M.H. (2002). Adjunctive Olanzapine for Treatment Refractory Generalized Anxiety Disorder: An Interim Analysis. Poster presentation at the 2002 Anxiety Disorders Association of America Conference, Austin, TX.
- Simon N.M., Otto M.W., **Nicolaou D.C.**, & Pollack M.H. (2002). Changes in Anxiety Sensitivity with Pharmacotherapy for Panic Disorder. Poster presentation at the 2002 Anxiety Disorders Association of America conference, Austin, TX.
- Kinrys G.D., **Nicolaou D.C.**, Simon N.S., Worthington J.J., & Pollack M.H. (2002). Adjunctive Olanzapine for Treatment Refractory Generalized Anxiety Disorder: An Interim Analysis. Poster presentation at the 2002 National Clinical Drug Evaluation Unit (NCDEU) Conference, Boca Raton, FL.

PERSONAL

- Annunciation Orthodox School: Annual Fund Committee, Homeroom Mom, Admissions Volunteer
- The Women's Club of Rice: Co-Chair Children's Halloween Party
- Hellenic Professional Society of Texas: Social Sciences Mentor
- Greek Language & Culture School: Treasurer, Annunciation Greek Orthodox Cathedral
- Junior League of Houston: Sustaining Member
- Mama to Nicolas (9yo), Georgia (7yo) & Eleni (5yo)