

David I.K. Moniz-Lewis

“Ikela Moniz-Lewis”

CONTACT INFORMATION

Addictive Behaviors and Quantitative Research Lab
Department of Psychology
University of New Mexico
Logan Hall, B04
1 University of New Mexico
Albuquerque, NM 87131-0001

monizlewis@unm.edu
(775) 400-0277

EDUCATION

- 2021 - Present **The University of New Mexico**
Graduate Student in Clinical Psychology, Ph.D. Program
Advisor: Dr. Katie Witkiewitz, Ph.D.
- 2016 - 2019 **Sierra Nevada University**, Incline Village, NV
Bachelor of Arts in Psychology
Minor in Music
Academic Honor's College
Advisor: Dr. Christina M. Frederick, Ph.D.

HONORS & AWARDS

- 2022 *2022 G. Alan Marlatt Scholarship for Mindfulness Training*
- 2022 *Travel Award, Mechanisms of Behavior Change Satellite Meeting at the 2022 Research Society on Alcoholism*
- 2022 *Jackson-Miller Fellowship, The University of New Mexico*
- 2022 *1st Place in Clinical Science Poster Competition, 2022 Brain and Behavioral Health Annual Research Day, The University of New Mexico*
- 2021 *Sandia Casino Responsible Gaming Scholarship, The University of New Mexico*
- 2019 *Summa Cum Laude Graduation Honors, Sierra Nevada University*
- 2019 *Valedictorian Nominee, Sierra Nevada University*
- 2016 - 2019 *Dean's Highest Honors, Sierra Nevada University*
- 2018 & 2019 *Academic Honor's College Student of the Year, Sierra Nevada University*
- 2019 *National Grant Supported Research Award, Sierra Nevada University*
- 2019 *Academic Honor's College Research Grant Award, Sierra Nevada University*
- 2019 *Distinction in Research and Scholarship Award, Sierra Nevada University*
- 2018 & 2019 *Distinction as Executive Assistant to the Psychology Research Chair, Sierra Nevada University*
- 2019 *1st Place in Conference Presentations – 9th Annual Sierra Nevada Psychology Research Fair*
- 2019 *WOW Award for Excellence in Service, The Life Change Center*
- 2018 *Outstanding Psychology Student Award, Sierra Nevada University*

PUBLICATIONS

Peer-reviewed Articles:

1. **Moniz-Lewis, D. I.K.**, & Frederick, C. M. (2020). Are Isochronic Tones Effective? The Impact of Isochronic Tones on Brainwave Entrainment and Stress. *Inquiries Journal*, 12(11).
2. **Moniz-Lewis, D. I.K.**, Stein, R. E., Bowen, S., & Witkiewitz, K. (2022). Self-efficacy as a potential mechanisms of behavior change in mindfulness-based relapse prevention. *Mindfulness*. <https://doi.org/10.1007/s12671-022-01946-z>
3. Boness, C.L., Votaw, V.R., Schwebel, F.J., **Moniz-Lewis, D. I.K.**, McHugh, R.K., & Witkiewitz, K. (2022). *An evaluation of cognitive behavioral therapy for substance use disorders: A systematic review and application of Tolin's Criteria for empirically supported treatments*. [Manuscript submitted for publication]. Center on Alcohol, Substance Use and Addictions,, University of New Mexico.
4. Joseph, V., **Moniz-Lewis, D.I.K.**, Richards, D., Pearson, M., Luoma, J., & Witkiewitz, K. (2022). *The Intersection of Mindfulness-Based Relapse Prevention and Stigma Among Justice Involved Women* [Manuscript submitted for publication]. Center on Alcohol Substance Use, and Addictions, University of New Mexico.
5. Vowles, K. E., Wikiewtiz, K., Clarke, E., Schmidt, Z., Borsari, B., Edwards, K. E., Korecki, J. R., **Moniz-Lewis, D. I.K.**, Bondzie, J. A., Mullins, C., Thoreson, C. I., Delacruz, J., Wilkins, C. H., Nelson, S., Delventura, J., Henderson, R., Katz, A., Hua, W., Watson., E., Baxley, C., Canlas, B., Pendleton, T., Herbst, E., & Batki, S. (2022). *Rationale and design of a multisite randomized clinical trial examining an integrated behavioral treatment for Veterans with co-occurring chronic pain and opioid use disorder: The Pain and Opioids Integrated Treatment In Veterans (POSITIVE) trial*. [Manuscript submitted for publication]. Center on Alcohol, Substance Use and Addictions, University of New Mexico.

Published Abstracts:

1. Fricke, S. A., Robinson, A. J., **Moniz-Lewis, D. I.K.**, Cabral, K. A., & Frederick, C. M. (2018, April 30). *What You Sea is What You Get: Does Global vs. Local Priming Impact Hierarchical Perspective?* [Conference presentation abstract]. 2018 Nevada Undergraduate Research Symposium, Reno, NV, Unites States.

PRESENTATIONS

* indicates presenting author

Oral Presentations:

1. Fricke, S. A., Robinson, A. J., **Moniz-Lewis, D. I.K.**, Cabral, K. A., & Frederick, C. M. *What You Sea is What You Get: Does Global vs. Local Priming Impact Hierarchical Perspective?* Presented at: 3rd Annual Nevada INBRE State Research Conference; 2018 March; Reno, NV, USA.

2. **Moniz-Lewis, D. I.K.** & Frederick, Christina M. Are Isochronic Tones Effective? The Impact of Isochronic Tones on Brainwave Entrainment and Stress. Poster presented at: 2018 Sierra Nevada College Academic Honor's College Research Symposium; 2018 April; Incline Village, NV, USA.

Poster Presentations:

1. **Moniz-Lewis, D. I. K.***, Stein, R. E., Bowen, S., & Witkiewitz, K. (2022). Examining Mediating Effects of Self-Efficacy on Alcohol and Drug Use Outcomes Following Mindfulness-Based Relapse Prevention and Cognitive Behavioral Relapse Prevention. Poster presented at: 2022 Research Society on Alcoholism; 2022 June 28; Orlando, FL, USA.
2. Lopez, M.* , Votaw, V. R., **Moniz-Lewis, D. I. K.**, Witkiewitz, K. (2022). Mindfulness-Based Relapse Prevention Attenuates the Association Between Post-Traumatic Stress Disorder Symptoms and Substance Use Consequences. Poster presented at: 2022 Research Society on Alcoholism; 2022 June 29; Orlando, FL, USA.
3. Joseph, V.* , **Moniz-Lewis, D.I.K.**, Richards, D., Pearson, M., Luoma, J., & Witkiewitz, K. (2022). The Intersection of Mindfulness-Based Relapse Prevention and Stigma Among Justice Involved Women. Poster presented at: 2022 Collaborative Perspectives on Addiction Annual Meeting, 2022 April 7-9; Portland, OR, USA.
4. **Moniz-Lewis, D. I. K.***, Stein, R. E., Bowen, S., & Witkiewitz, K. (2022). Examining Mediating Effects of Self-Efficacy on Alcohol and Drug Use Outcomes Following Mindfulness-Based Relapse Prevention and Cognitive Behavioral Relapse Prevention. Poster presented at: 2022 Brain and Behavioral Health Annual Research Day, The University of New Mexico; 2022 April 8; Albuquerque, NM, USA.
5. **Moniz-Lewis, D. I. K.*** & Frederick, Christina M. Not As Advertised: Alpha Isochronic Tones Have Contradictory Effects on Brainwave Entrainment and Stress. Poster presented at: 2021 Association for Psychological Science Virtual Convention; 2021 May 26-27; Virtual.
6. **Moniz-Lewis, D. I. K.*** & Frederick, Christina M. Are Isochronic Tones Effective? The Impact of Isochronic Tones on Brainwave Entrainment and Stress. Poster presented at: 28th Annual UCLA Psychology Undergraduate Research Conference; 2019 May 10; Los Angeles, CA, USA.
7. **Moniz-Lewis, D. I. K.*** & Frederick, Christina M. Are Isochronic Tones Effective? The Impact of Isochronic Tones on Brainwave Entrainment and Stress. Poster presented at: 2019 Nevada Undergraduate Research Symposium; 2019 May; Reno, NV, USA.
8. **Moniz-Lewis, D. I. K.*** & Frederick, Christina M. Are Isochronic Tones Effective? The Impact of Isochronic Tones on Brainwave Entrainment and Stress. Poster presented at: 9th Annual Sierra Nevada College Psychology Research Fair; 2019 April 24; Incline Village, NV, USA.
9. **Moniz-Lewis, D. I.K.*** & Frederick, Christina M. Are Isochronic Tones Effective? The Impact of Isochronic Tones on Brainwave Entrainment and Stress. Poster presented at: Sierra Nevada College Senior Research Symposium; 2019 April; Incline Village, NV, USA.
10. Fricke, S. A., Robinson, A. J., **Moniz-Lewis, D. I. K.***, Cabral, K. A., & Frederick, C. M. *What You Sea is What You Get: Does Global vs. Local Priming Impact Hierarchical*

Perspective? Presented at: 2018 Nevada Undergraduate Research Symposium; 2018 April 30; Reno, NV, USA.

11. Fricke, S. A., Robinson, A. J., **Moniz-Lewis, D. I. K.***, Cabral, K. A., & Frederick, C. M. *What You Sea is What You Get: Does Global vs. Local Priming Impact Hierarchical Perspective?* Presented at: 8th Annual Sierra Nevada College Psychology Research Fair; 2018 April; Incline Village, NV, USA.
12. **Moniz-Lewis, D. I. K.*** *Music as Medicine: Isochronic Tones and Stress.* Presented at: 2018 Sierra Nevada Senior Research Symposium; 2018 April; Incline Village, NV, USA.
13. Fricke, S. A., Robinson, A. J., **Moniz-Lewis, D. I. K.***, Cabral, K. A., & Frederick, C. M. *What You Sea is What You Get: Does Global vs. Local Priming Impact Hierarchical Perspective? (Pilot Study)* Presented at: 2017 Nevada Undergraduate Research Symposium; 2017 April 20; Reno, NV, USA.
14. Fricke, S. A., Robinson, A. J., **Moniz-Lewis, D. I. K*.**, Cabral, K. A., & Frederick, C. M. *What You Sea is What You Get: Does Global vs. Local Priming Impact Hierarchical Perspective?(Pilot Study)* Presented at: 7th Annual Sierra Nevada College Psychology Research Fair; 2017 April; Incline Village, NV, USA.

RESEARCH EXPERIENCE

2021 - Present **Graduate Student Research Assistant**

Department of Psychology, The University of New Mexico

Advisor: Katie Witkiewitz, Ph.D.

Duties (upcoming): Manage IRB, conduct screenings and assessments for veterans recruited into study examining integration of Mindfulness-Based Relapse Prevention and Acceptance and Commitment Therapy for veterans with chronic pain and OUD (Grant: UG3/UH3DA051441).

2017 - 2019 **Undergraduate Research Assistant**

Department of Psychology, Sierra Nevada University

Advisor: Christina M. Frederick, Ph.D.

Duties: Research design, data collection, coding of virtual measurement tools, general study organization, for an NIH funded study investigating impact of visual priming on hierarchical perspective.

2017 - 2019 **Academic Honors College – Independent Undergraduate Research**

Academic Honors College, Sierra Nevada University

Advisor: Robert King, Ph.D.

Duties: Completed a fully independent project that investigated neural correlates of an auditory entrainment technique (e.g., created research question, research method, submitted and managed IRB, collected, organized, and analyzed data, wrote manuscript, etc.). Funded through internal honor's college grant.

TEACHING EXPERIENCE

2022 **Mindfulness-Based Relapse Prevention Training**

(co-facilitators: Sarah Bowen, Ph.D. & Katie Witkiewitz, Ph.D.)

Department of Psychology, UNM

CLINICAL EXPERIENCE

- 2022 - Present **Group Therapist**
HopeVillage/Hopeworks – Albuquerque, NM
Supervisor: Katie Witkiewitz, Ph.D.
Duties: Created and developed a Mindfulness-Based Skills Group for individuals with a history of being chronically unhoused and underserved.
- 2021 - Present **Group Therapist**
Turquoise Lodge & UNM General Psychology Clinic – Albuquerque, NM
Supervisor: Katie Witkiewitz, Ph.D.
Duties: Facilitate rolling Mindfulness-Based Relapse Prevention (MBRP) groups to individuals at an inpatient substance use treatment program (Turquoise Lodge). Facilitate a mindfulness-based skills group, based on MBRP, to individuals within the UNM General Psychology Clinic. Both done virtually due to COVID-19.
- 2021 - Present **Telephone Screener**
UNM Alcohol Clinic & UNM General Psychology Clinic – Albuquerque, NM
Supervisor: Theresa Moyers, Ph.D.
Duties: Screen individuals seeking treatment for alcohol misuse to determine eligibility for treatment in UNM Alcohol Clinic. Screen individuals seeking mental health treatment to determine eligibility for treatment in UNM General Clinic.
- 2019 - 2021 **State-Certified Alcohol and Drug Abuse Counselor (CADCi - NV); Assistant Site Director**
The Life Change Center – Carson City, NV
Supervisor: Kelly Johnson, CADC & Viki Lillegard, CADC, MFT
Duties: Provided individual and group counseling, medication adjustments, case-management/community referrals, etc. within a Level 1 MAT Opioid Treatment Program via a harm reduction model. Promoted to assistant site-director where duties included management of day-to-day functioning of the clinic, addressing client grievances, co-worker mediation, survey design and outcome implementation, etc.

CLINICAL TRAINING

Treatment Modality Training

- 2022 *Mindfulness-Based Relapse Prevention (MBRP)*
Clinician training presented through UC San Diego. Presented by Sarah Bowen, Ph.D., Katie Witkiewitz, Ph.D.
- 2022 *Acceptance and Commitment Therapy (ACT) for Chronic Pain*
Workshop for therapists on NIH UG3 trail for ACT and MBRP for veterans with comorbid chronic pain and opioid use disorder. Presented by Kevin Vowels, Ph.D.
- 2021 *Mindfulness-Based Relapse Prevention (MBRP)*
Workshop for 8-week rolling groups. Presented by Sarah Bowen, Ph.D., Katie Witkiewitz, Ph.D., and Elena Stein, M.S.

Assessment Training

2021 *Repeatable Battery for the Assessment of Neuropsychological Status (RBANS)*
Trained in administration, scoring, and interpretation. Presented by Kaitlyn Schodt, M.S.

Other Clinical Training

2019 - 2021 *Medication-Assisted Treatment for Opioid Use Disorder & Harm-Reduction*
Completed 4,000 hours of supervised counseling and medication supervision/consultation with individuals prescribed methadone, buprenorphine, and naltrexone for opioid use disorder within a harm-reduction framework. Supervised by Kelly Johnson, CADC & Viki Lillegard, CADC, MFT.

ACADEMIC INTERSHIP

2017 - 2019 **Intern to the Psychology Department Chair**
Sierra Nevada University
Supervisor: Christina M. Frederick, Ph.D.
Duties: Assistance with the development of the Psychology Scholar Program, planning of and attendance to undergraduate research conferences (UCLA Psychology Undergraduate Research, Conference Stanford Undergrad Research Conference, etc.), organized psychology guest speakers, etc.

MENTORSHIP

2021 - Present **Undergraduate Student Mentor**
The Recruitment, Retention, and Mentoring subcommittee of the UNM Psychology Department Diversity Committee
Duties: In the process of leading the creation of a mentoring program in which graduate students provide mentorship to undergraduate students from historically underrepresented backgrounds.

2017 - 2019 **Undergraduate Student Mentor**
Sierra Nevada University
Supervisor: Henry Conover, M.A.
Duties: Developed a the class to be based on the students' academic and personal life goals. Advised, tutored, and mentored students on how to navigate the undergraduate experience.

PROFESSIONAL SOCIETY MEMBERSHIPS AND ASSOCIATIONS

2022 - Present *Research Society of Marijuana*, Student Affiliate
2022 - Present *American Psychological Association, Division 49 (Society of Group Psychology and Group Psychotherapy)*, Student Affiliate
2021 - Present *Research Society on Alcoholism*, Student Affiliate
2021 - Present *Association for Contextual and Behavioral Sciences*, Student Affiliate
2021 - Present *American Psychological Association, Division 50 (Addiction)*, Student Affiliate

- 2021 - Present *Association for Psychological Science*, Student Member
2021 - Present *American Mindfulness Research Association*, Student Member
2021 - Present *Psychology Department Diversity Committee, Retention & Mentoring Subcommittee*, The University of New Mexico

ADVANCED QUANTITATIVE METHODOLOGY TRAINING

- 2022 **Introduction to Structural Equation Modeling.** Presented by: Dan Bauer, Ph.D. & Patrick Curran, Ph.D., CenterStat
2022 **Latent Class/Cluster Analysis and Mixture Modeling.** Presented by: Dan Bauer, Ph.D. & Doug Steinley, Ph.D., CenterStat

SERVICE & LEADERSHIP

- 2021 - Present **DO! Diversity Organization Graduate Student Member**, University of New Mexico, Department of Psychology
2021 - Present **Mindfulness & Contemplative Practices Contributor**, Transition US; USA
2021 - 2021 **Volunteer**, Nights Off The Streets – Homeless Shelter; Carson City, NV
2019 **Quantitative Survey Design Workshop Lead**, North Lake Tahoe/Truckee Leadership Organization; Incline Village NV
2019 **Psychedelic Harm Reduction Crisis Peer Support**, Zendo Project – Burning Man; NV