

# Mauricio Montes, M.A. (he/him)

ORCID ID: [0000-0002-3497-1986](https://orcid.org/0000-0002-3497-1986)

Email: [mauricio.montes@bc.edu](mailto:mauricio.montes@bc.edu) | Twitter: [@mauriciomontes](https://twitter.com/mauriciomontes)

## EDUCATION

---

- 2022 – Present **Ph.D. – Counseling Psychology** (APA-Accredited)  
Boston College | Chestnut Hill, MA  
Expected Graduation: May 2028  
Faculty Advisor: Betty S. Lai
- 2022 – 2024 **M.A. – Counseling Theories**  
Boston College | Chestnut Hill, MA
- 2016 – 2020 **B.A. – Psychology, Concentration: Applied Behavior Analysis**  
**B.S. – Human Development**  
Binghamton University | Binghamton, NY  
Distinction: Binghamton University Scholars (Honors) Program – President’s Scholar

## FELLOWSHIPS

---

- 2022 – 2027 **National Science Foundation Graduate Research Fellowships Program** | Funder: National Science Foundation
- 2022 – 2027 **The William Averette Anderson Fund Fellowship** | Funder: The Bill Anderson Fund

## PUBLICATIONS

---

### PEER-REVIEWED JOURNAL ARTICLES

7. Breen, K., **Montes, M.**, Wu, H., Lai, B. S. College students and environmental disasters: A review of the literature. (2023). *Social Sciences*. <https://doi.org/10.3390/socsci13010008>
6. Kovacevic, M., **Montes, M.**, Smith, D., Tirone, V., Burns, J., & Held, P. (2023). Treating a common comorbidity: Does a 3-week Cognitive Processing Therapy-based intensive treatment for PTSD address pain outcomes? *Journal of Traumatic Stress*. <https://doi.org/10.1002/jts.22979>
5. Kovacevic, M., Tharaud, J. B., **Montes, M.**, Mundle, R. S., Splaine, C. C., Silverberg, J., Pridgen, S. A., Werner, B., & Held, P. (2023). ‘Undoing a knot’: A qualitative study of massed 1-week Cognitive Processing Therapy. *European Journal of Traumatology*. <https://doi.org/10.1080/20008066.2023.2205126>
4. Meade, E., Smith, D., **Montes, M.**, Norman, S., & Held, P. (2022). Changes in guilt cognitions in intensive PTSD treatment among veterans who experienced military sexual trauma or combat trauma. *Journal of Anxiety Disorders*, 102606. <https://doi.org/10.1016/j.janxdis.2022.102606>
3. Held, P., Schubert, R., Pridgen, S., Kovacevic, M., **Montes, M.**, Christ, N., Banerjee, U., & Smith, D. (2022). Who will respond to intensive PTSD treatment? A machine learning approach to response prior to starting treatment. *Journal of Psychiatric Research*, 151, 78-85. <https://doi.org/10.1016/j.jpsychires.2022.03.066>
2. Smith, D., Kovacevic, M., **Montes, M.**, Pridgen, S., & Held, P. (2022). Improving mental, physical, and social functioning through participation in a 3-week Cognitive Processing Therapy-based intensive PTSD treatment. *Journal of Anxiety Disorders*, 88, 102560. <https://doi.org/10.1016/j.janxdis.2022.102560>
1. Held, P., Kovacevic, M., Petrey, K., Meade, E., Pridgen, S., **Montes, M.**, Werner, B., Miller, M., Smith, D., Kaysen, D., & Karnik, N. (2022). Treating PTSD at home in a single week using 1-week virtual massed Cognitive Processing Therapy. *Journal of Traumatic Stress*. <https://doi.org/10.1002/jts.22831>

### BOOK CHAPTERS

1. Bistricky, S. L., Kenigsberg, Z., **Montes, M.**, Riobueno-Naylor, A., Lai, B. S. (2024) Trauma impacts: The repercussions of individual and collective trauma. In *Trauma Impacts (1st ed., pp. 97–109)*. John Wiley & Sons, Inc.

## OTHER PUBLICATIONS AND DISSEMINATION ACTIVITIES

1. Gross, G. M., Harper, K., Herbitter, C. S., **Montes, M.** *Gender euphoria: Why mental health professionals should prioritize trans joy.* (2023). *International Society for Traumatic Stress Studies StressPoints Volume 37 Issue 3.* [https://istss.org/public-resources/trauma-blog/2023-june/gender-euphoria-why-mental-health-professionals-sh?\\_zs=eFEakl&\\_zl=mOq59](https://istss.org/public-resources/trauma-blog/2023-june/gender-euphoria-why-mental-health-professionals-sh?_zs=eFEakl&_zl=mOq59)

## PRESENTATIONS (\* denotes mentee)

---

### POSTERS

25. Harris, M., **Montes, M.**, Hayashi, Y.\*, Rosker, A.\*, Williams, C.\*, & Goodman, L. (2024). *Caregivers' relational experiences while supporting children at clinical high risk for psychosis.* Submitted for presentation at the 2024 American Psychological Association Conference.
24. Wermers, A.\*, **Montes, M.**, Riobueno-Naylor, A., Jones-Jang, M., Wargo, J., & Lai, B.S. (2024). *Evaluating video-based science communications practices.* Schiller Institute for Integrated Science and Society. Boston College.
23. Harris, M., **Montes, M.**, Rosker, A.\*, Williams, C.\*, & Goodman, L. (2023). *Supporting caregivers of young people at clinical high risk for psychosis: Recommendations for developing a caregiver support group.* 2023 American Psychological Association Conference.
22. Riobueno-Naylor, A., **Montes, M.**, Hawkins, S. S., Baum, C., Lai, B. S. (2023). *Cumulative disaster exposure and youth mental health: A multilevel structural equation modeling approach.* 48<sup>th</sup> Annual Natural Hazards Workshop.
21. **Montes, M.**, Riobueno-Naylor, A., Wermers, A.\*, Hawkins, S. S., Baum, C., Lai, B. S. (2023). *Disasters and queer youth: Identifying methodological limitations in disaster research.* 48<sup>th</sup> Annual Natural Hazards Workshop.
20. **Montes, M.**, Harris, M., Weber, A., & Goodman, L. (2022). *Understanding caregivers' experiences supporting loved ones at clinical high risk for psychosis.* Massachusetts Psychological Association 2022 Conference.
19. **Montes, M.**, Schubert, R., Tharaud, J., & Held, P. (2022). *PTSD and depression outcomes of lesbian, gay, and bisexual veterans in a 2- and 3-week Cognitive Processing Therapy-based intensive treatment program.* International Society for Traumatic Stress Studies 38th Annual Meeting.
18. **Montes, M.**, Splaine, C., Christ, N. & Held, P. (2022). *Impact of military sexual trauma on PTSD symptom presentation and treatment outcomes in two CPT-based intensive treatment programs for veterans.* Association for Behavioral and Cognitive Therapies' 56<sup>th</sup> Annual Conference.
17. **Montes, M.**, Tharaud, J., & Held, P. (2022). *Bouncing back from PTSD: Resilience predicts mental and social functioning 3-months after intensive PTSD treatment.* 2022 American Psychological Association Annual Conference.
16. **Montes, M.**, Tharaud, J., Meade, E., & Held, P. (2022). *Examining race as a predictor of treatment outcomes for veterans in intensive PTSD treatment programs.* 2022 American Psychological Association Annual Conference.
15. **Montes, M.** (2022). *Examining gender minority stress in transgender and gender diverse United States servicemembers and veterans.* 2022 American Psychological Science Annual Conference.
14. Tharaud, J., **Montes, M.**, & Held, P. (2022). *Changes in depression symptom-related difficulty and long-term functioning among veterans in intensive PTSD treatment.* 2022 American Psychological Science Annual Conference.
13. Tharaud, J., **Montes, M.**, Held, P. (2022). *Resilience as a predictor of depression and PTSD symptom changes among veterans in intensive PTSD treatment.* 2022 American Psychiatric Association Annual Conference.

12. Mundle, R., **Montes, M.**, Smith, D., Pridgen, S., & Held, P. (2022). *Evaluating time to clinically meaningful improvement in PTSD and depression across 1-, 2-, and 3-week schedules of Cognitive Processing Therapy*. 41<sup>st</sup> Anxiety and Depression Association of America Annual Conference.
11. Schubert, R., **Montes, M.**, Splaine, C., Pridgen, S., & Held, P. (2022) *The role of cannabis usage on treatment outcomes of veterans in a 3-week intensive treatment program for PTSD*. 41<sup>st</sup> Anxiety and Depression Association of America Annual Conference.
10. **Montes, M.**, Mundle, R., Pridgen, S. & Held, P. (2021). *Examining the effectiveness of a virtual 2-week intensive treatment program for veterans with PTSD*. 6<sup>th</sup> Annual San Antonio Combat PTSD Conference.
9. **Montes, M.**, Pridgen, S. & Held, P. (2021). *Examining relationships between self-compassion and negative post-trauma cognitions among veterans in an intensive treatment program for PTSD*. International Society for Traumatic Stress Studies 37<sup>th</sup> Annual Meeting.
8. **Montes, M.**, Kovacevic, M., Miller, M., Lewis, J., & Held, P. (2021). *Evaluating childhood and adulthood sexual assault as predictors of negative posttraumatic cognitions among veterans with PTSD*. International Society for Traumatic Stress Studies 37<sup>th</sup> Annual Meeting.
7. **Montes, M.**, Mundle, R., Splaine, C., Tharaud, J., Kovacevic, M., Silverberg, J., Pridgen, S., Werner, B., & Held, P. (2021). *“One week therapy, it’s a workout I’m glad I did”: A qualitative feasibility study of intensive one-week Cognitive Processing Therapy*. International Society for Traumatic Stress Studies 37<sup>th</sup> Annual Meeting.
6. Kovacevic, M., **Montes, M.**, Meade, E., Pridgen, S., Smith, D., & Held, P. (2021). *Discerning effectiveness and identifying the median effective dose of Cognitive Processing Therapy-based intensive treatment programs for posttraumatic stress disorder*. International Society for Traumatic Stress Studies 37<sup>th</sup> Annual Meeting.
5. Gaughan, J., Iskowitz, M., **Montes, M.**, & Wood, S. (2019). *The flexibility of heterosexuality: the out of the box continuum of college students*. Binghamton University’s Research Days 2019 & Psi Chi Research Fair 2019.
4. Fugina, F., Jelen, E., Moran, M., Velazquez, S., **Montes, M.**, Almeter, C., Ronen, C., Guyon, A., Garutto, R., & Shamoon-Pour, M. (2019). *Human mitochondrial diversity across West New Guinea: the origin and expansion of haplogroups Q1 and P3*. American Association of Physical Anthropologists’ 88<sup>th</sup> Annual Meeting.
3. **Montes, M.**, Barkin, S., & O’Connor, C. (2018). *Insights on coming out: what would your family think and how could that impact your sex life?* Binghamton University’s Research Days 2018 & Psi Chi Research Fair 2018.
2. DeRosa, K., Almeter, C., Benjamin, N., Citron, M., Fugina, C., Guyon, A., Hernandez, S., Jelen, E., **Montes, M.**, Moran, M., Ronen, C., Salazar, N., Velazquez, P., Velazquez, S., Mian, L., & Roome, A. (2018). *mtDNA variation among the south coast, highlands, and north coast of New Guinea*. Binghamton University’s Research Days 2018.
1. **Montes, M.**, Benjamin, N., Citron, M., Fugina, C., Moran, M., Ronen, C., & Salazar, N. (2018). *Mitochondrial diversity in the south coast of West New Guinea*. Binghamton University’s Research Days 2018, SUNY Undergraduate Research Conference, & The American Association of Physical Anthropologists’ 87<sup>th</sup> Annual Meeting.

#### INVITED TALKS AND ORAL PRESENTATIONS

9. **Montes, M.**, Lai, B.S., Riobueno-Naylor, A., Baum, K., & Hawkins, S. (2023). *Impacts of a disaster on youth: Leveraging public investments in health data*. International Society for Traumatic Stress Studies Annual Convention.
8. Jones-Jang, M., Lai, B.S., Riobueno-Naylor, A., **Montes, M.**, & Quan, S.\* (2023). *Science communication via video*. Grant awardee presentations. Schiller Institute for Integrated Science and Society. Boston College.

7. Jones-Jang, M., Lai, B.S., Riobueno-Naylor, A., **Montes, M.**, & Quan, S.\* (2023). *Video-based science communication*. Grant awardee presentations. Schiller Institute for Integrated Science and Society. Boston College.
6. Williams, C.\* , **Montes, M.**, Harris, M. G., & Goodman, L. A. (2023). *Understanding parents' experiences supporting young people at clinical high risk for psychosis*. 2023 Boston College Lynch School of Education and Human Development Undergraduate Research Symposium.
5. Wermers, A.\* , **Montes, M.**, Lai, B.S. (2023). *Queer social support: Meaning and impacts on mental health*. 2023 Boston College Lynch School of Education and Human Development Undergraduate Research Symposium.
4. **Montes, M.** *Funding your research journey: Navigating the NSF GRFP*. (2023). Research grant writing for the health and behavioral sciences. Boston College School of Social Work
3. Knutson, V., Meyer-Rasmussen, A., & **Montes, M.** (2019). *Parental challenges and support in Ukraine*. 2019 Council of Undergraduate Research REU Symposium.
2. **Montes, M.**, Benjamin, N., Citron, M., Fugina, C., Moran, M., Ronen, C., Salazar, N. (2017). *Mitochondrial diversity in the south coast of West New Guinea*. Binghamton University's Freshmen Research Immersion Program Symposium.
1. **Montes, M.**, Moran, M., Opalecky, K., Pritchard, C., & Ronen, C. (2016). *Gut microbiome bacteria influence secretion of neurotransmitters causing changes in anxiety and depression*. Binghamton University's Freshmen Research Immersion Program Symposium.

## REPORTS FOR AND WITH COMMUNITY COLLABORATORS

---

1. **Montes, M.**, Harris, M. G., & Goodman, L. A. (2023). *Supporting caregivers of children receiving CEDAR services: A needs assessment and recommendations*. Department of Counseling, Educational, and Developmental Psychology, Boston College.

## RESEARCH EXPERIENCE

---

- 2022 – Present **Graduate Research Assistant**  
*Lai Lab | Boston College, Chestnut Hill, MA*
- 2022 – 2023 **Community Research Consultant**  
*Center for Early Detection, Assessment, & Response to Risk (CEDAR) | Brookline, MA*
- 2020 – 2022 **Clinical Research Assistant**  
*Road Home Program for Veterans and Their Families at Rush University Medical Center  
Rush University Medical Center, Chicago, IL*
- 2017 – 2020 **Undergraduate Research Assistant**  
*Human Sexualities Laboratory | Binghamton University, Binghamton, NY*
- 2019 **Researcher**  
*National Science Foundation Research Experience for Undergraduates (NSF REU)  
Kyiv International Institute of Sociology, Kyiv, UA | Dordt University, Sioux Center, IA  
#NSF-SMI-1560078 Effects of Political Upheaval and Ethnic Discord on the Mental Health of a Population*

## **CLINICAL EXPERIENCE**

---

- 2023 – Present **Doctoral Clinical Intern**  
*Massachusetts College of Art and Design Counseling Center | Boston, MA*
- 2023 – Present **Clinical Assessor**  
*National Center for PTSD at VA Boston Healthcare System | Boston, MA*
- 2020 – 2022 **Clinical Assessor**  
*Treatment Response Efficacy and Timing Laboratory, Rush University Medical Center | Chicago, IL*
- 2019 – 2020 **Counseling Intern**  
*Binghamton University Psychological Clinic | Binghamton University, Binghamton, NY*
- 2017 – 2020 **Advanced Undergraduate Trainee**  
*Institute for Child Development | Binghamton University, Binghamton, NY*