

Lily J. Woods, MA, LAC

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EDUCATION

2023 University of Arizona
 M.A., Counseling
 Specialization in Clinical Mental Health and Rehabilitation
 Cumulative GPA: 4.0

2020 University of Arizona
 B.A., Psychology; Sociology minor
 Magna cum laude - Cumulative GPA: 3.7

Undergraduate capstone thesis – *Adjusting to Loss: How Beliefs About The Helpfulness of Others for Emotion Regulation Shape Grief Responses*. Advisor: Mary-Frances O’Connor, PhD, Associate Professor, University of Arizona

CURRENT PROFESSIONAL LICENSES

2023-Exp 2027	Arizona	Licensed Associate Counselor (#LAC-22286)
Exp 2026	American Heart Association	Basic Life Support

CLINICAL & RESEARCH INTERESTS: Reproductive health, psychological adjustment, psychoneuroimmunology, psychophysiology, social determinants of health, intergenerational transmission of risk, developmental origins of health and disease

PROFESSIONAL EXPERIENCE — RESEARCH

2023-- *Clinical Research Coordinator III, University of Arizona College of Nursing and College of Medicine – Tucson Department of Physiology*

PI Mechanisms Underpinning Maternal Health Laboratory
 Elise Erickson, PhD, CNM, FACNM

Leads research coordination and regulatory oversight for multiple maternal health studies spanning biomarker discovery, digital health monitoring, and clinical interventions.

Projects include:

Oxytocin sensitivity and postpartum hemorrhage: testing genetic and epigenetic biomarkers for improving maternal morbidity – 5-year NIH R01 Project

Defining a Digital Phenotype for Labor in At-risk Pregnancies – Funded by the Arizona Biomedical Research Centre and Flinn Foundation

Breathing for Two: Inspiratory Muscle Strength Training for Supporting Healthy Blood Pressure in Pregnancy

Oversees regulatory requirements for both IRB and Banner-affiliated roles. Responsible for participant compensation and laboratory bookkeeping. Enhances study promotional and recruitment pathways. Supervises staff and students. Supports federal, foundation, and internal grant proposals.

PI Bioanthropology of Reproductive Transformation and Health Laboratory
Julienne Rutherford, PhD

Leads research coordination and regulatory oversight for studies on biomarkers linked to placental development and maternal morbidity.

Projects include:

Beyond Blood Loss in Understanding Hematological Disruption in Pregnancy

Supports multidisciplinary collaboration, data analysis, preparation of federal, internal, and foundation grant applications, and scientific literature management. Organizes and tracks human and non-human biospecimen samples and coordinates lab processing.

3/2024 – 7/2024

PI

A Randomized Controlled Trial to Improve Mother-Infant Synchrony Among Women with Childhood Adversity – 4-year NIH R01 Project
Aleca Bell, PhD, RN, CNM

Provided targeted support for medical record abstraction on a randomized clinical trial targeting mothers with a history of childhood adversity to promote mother-infant synchrony. Customized REDCap data collection instrument features such as branching logic, calculated fields, and validation rules to optimize data collection efficiency and accuracy.

2021-22

PI

Laboratory Coordinator I, University of Arizona Department of Psychology

Grief, Loss and Social Stress Laboratory
Mary-Frances O'Connor, PhD

Projects included:

Pandemic Grief Study (PANGS)

Survey of Bereavement After COVID-Related Death (SOBACoRD)

Managed human subjects protocols, coordinated data collection across multidisciplinary collaborations with public health researchers, including the population-based CoVHORT cohort ($n=9,160$), designed data collection instruments (surveys, informed consents) in REDCap, conducted participant enrollment, trained and supervised an undergraduate research assistant, conducted semi-structured clinical interviews with research participants, assisted with the preparation of grant proposals (i.e., Institute for Mental Health Research seed grant, R21, Faculty Pilot Grant).

UNDERGRADUATE RESEARCH EXPERIENCE

- 2020
PI
Grief, Loss and Social Stress Laboratory
Independent Research Course on Emotion Regulation
Mary-Frances O'Connor, PhD
- Completed capstone project on the relationship between emotion beliefs, interpersonal emotion regulation, and psychological health outcomes in widows and widowers ($n=156$) while testing emotion suppression as a mediator. Results were accepted to be presented at the Association for Psychological Science Annual Convention.
- 2019-20
PI
Grief, Loss and Social Stress Laboratory
Undergraduate Research Assistant, University of Arizona
Mary-Frances O'Connor, PhD
- Participated in survey revisions, screened participants for eligibility, increased participant recruitment by 30% via social media outreach, ensured participants completed all daily study tasks, entered collected data into Excel, and trained five undergraduate research assistants in two daily diary studies. One which investigated the effects of living and imaginary social support on emotion regulation whilst testing the emotion regulation repertoire of social support (ERROSS) model. The second study surveyed well-being in first-generation college students.
- 2019-20
PI
Psychology, Policy and Law Laboratory
Undergraduate Research Assistant, University of Arizona
Connie Beck, PhD
- Cleaned minute entry data collected from 74 families (145 children) for a study that investigated risk and protective factors associated with families returning to the child welfare system.
- 2018-19
PI
Neuroscience of Reinforcement Learning and Decision Making
Undergraduate Project Coordinator, University of Arizona
Robert Wilson, PhD
- Managed and facilitated experiments with human subjects, which tested tactile and audio-tactile perception for adaptive feedback methods.

Recruited, trained, and supervised 12 undergraduate research assistants and utilized Excel and Matlab programming to monitor data quality.

PROFESSIONAL EXPERIENCE — CLINICAL

- 2023--
Supervisor Associate Therapist, Tucson Counseling Associates
Kate Kincaid, LPC and Erica Saunders, LCSW
- Provides psychotherapy to adolescents and adults in an outpatient private practice setting. Specializing in the treatment of reproductive mental health concerns (e.g., perinatal mood and anxiety disorders, menstrually related mood disorders), self-esteem, non-suicidal self-injury, identity formation, and emerging adulthood. Modalities include Acceptance and Commitment Therapy (ACT), Eye Movement Desensitization and Reprocessing (EMDR), Exposure Response Prevention (ERP), and Trauma-Informed Mindfulness-Based Cognitive Therapy (TI-MBCT). Provides structured clinical intake interviews, administers standardized screening instruments (such as the GAD, PHQ-9, PCL-5, Y-BOCS), utilizes the DSM-5-TR to diagnose conditions, formulates treatment plans, maintains EHR. Engages in monthly supervision (individual, group). Participates in monthly didactic trainings which target core competencies: trauma informed care, social justice, psychedelic integration and assisted therapy, relationships and community, mindfulness, and identity formation.
- 2023
Supervisor Counseling Intern, Tucson Counseling Associates
600 Hour Internship
Erica Saunders, LCSW
- Provided supervised therapy to adolescents and adults, ages 10 to 67, in an outpatient group private practice setting. Administered assessments, made diagnoses, formulated treatment plans, and maintained EHR system. Engaged in individual, triadic, and group supervision. Participated in monthly didactic trainings.
- 2022
Supervisor Practicum Student, U.S. Department of Labor: Job Corps
100 Hour Practicum
Leonard Cagianca, PhD, Licensed Psychologist
- Provided supervised brief therapy (3 to 10 sessions) and mental health assessments to students ages 16 to 24. Collaborated with health and wellness clinic staff, physician, psychiatrist, substance abuse and mental health counselors. Participated in mental health promotion and education. Attended weekly supervision.
- 2020-21
Case Manager, La Frontera Center
Developed, evaluated, and coordinated treatment plans and recovery services for a caseload of 89 clients with serious mental illnesses (SMI) in an integrated behavioral health care setting.

2020 Recovery Technician, La Frontera Center
 Provided supervision, casework and medication management services, and basic counseling to clients in various settings: detoxification facility, acute psychiatric facility, healthcare residential facility, and day treatment.

PROFESSIONAL EXPERIENCE — TEACHING

Spring 2023 Graduate Teaching Assistant, University of Arizona
PSY 300: Introduction to Cognitive Neuroscience, 141 students | Instructor: Jean-Marc Fellous, PhD
 Met with students and hosted weekly office hours to promote mastery of course content, including: neuroanatomy, sensation and perception, motor control, attention and consciousness, learning and memory, language, executive functions, social cognition, and related disorders. Graded assignments and exams; lectured as needed; hosted exam review sessions.

Fall 2022 Graduate Teaching Assistant, University of Arizona
PSY 101: Introduction to Psychology, Honors Section, 48 students | Instructor: Adam Lazarewicz, MA
 Met with students and hosted weekly office hours to promote mastery of course content, including: history of psychology, biological foundations of behavior, consciousness, cognition, motivation and emotion, human development, basic psychophysiology, personality and social psychology, psychological disorders, and methods of therapy. Graded assignments and exams.

Spring 2022 Graduate Teaching Assistant, University of Arizona
PSY 352: Personality, 191 students | Instructor: Jake Taylor, MA
 Met with students and held weekly office hours to promote mastery of course content, including: personality research methods and assessment, traits and types, personality development, personality processes, the intersection of personality and important life outcomes, and psychoanalysis. Graded assignments and exams.

Fall 2020 Undergraduate Co-instructor, University of Arizona
PSY 197A: Undergraduate Psychology Exploration Program
 Co-facilitated a 1-hour weekly class of 20 undergraduate students. Provided instruction on topics related to fields of psychology, graduate school, goal setting, and campus resources.

SCIENTIFIC PRESENTATIONS

Peer Reviewed Posters

(* indicates published abstract)

International Meetings

1. **Woods, L.J.**, George, E., Koenig, M.D., Erickson, E.N., Rutherford, J. (2026, March). *Maternal Influences on Placental Angiogenesis in a Clinical Population*. Poster presentation at the annual meeting of the Society for Reproductive Investigation. San Juan, Puerto Rico.
2. George, E.K., Erickson, E.N., **Woods, L.J.**, Lapsley, S.L., Koenig, MD, and Rutherford, J.N. (2026, March). *Placental biomarkers associated with term vaginal birth in women with and without preeclampsia*. Poster presentation at the annual meeting of the Society for Reproductive Investigation, San Juan, Puerto Rico.
3. Rutherford, J.N., George, E.K., **Woods, L.J.**, Lapsley, S., Koenig, M.D, and Erickson, E.N. (2026, March). *Placenta growth factor and human chorionic gonadotropin variants early in pregnancy differ in women with antenatal anemia and postpartum hemorrhage*. Poster presentation at the annual meeting of the Society for Reproductive Investigation. San Juan, Puerto Rico.

National / Regional Meetings

1. **Woods, L.J.**, George, E., Erickson, E.N., Rutherford, J. (2026, March). *First Trimester MMP-9 is Associated with Maternal Depression History and Treatment*. Featured citation poster presentation at the annual meeting of the Society for Biopsychosocial Science and Medicine. Chicago, IL.*
2. Lapsley, S.L., George, E.K., **Woods, L.J.**, Erickson, E.N., Koenig, M.D., and Rutherford, J.N. (2026, April). *Investigating Associations Between Maternal Anemia and Placental Growth Factor Across Pregnancy*. Abstract accepted for poster presentation at the annual meeting of Western Institute of Nursing. San Francisco, CA.
3. George, E., Jean-Baptiste, M., **Woods, L.**, Boyles, S., Erickson, E. (2025, October). *Assessing the Predictive Value of a Postpartum Risk Assessment Tool in the Predicting Adequate Response to Oxytocin (PARTO) Study*. Poster presented at the annual meeting of the American College of Nurse-Midwives. Palm Springs, California.
4. Casella Jean-Baptiste, M., Boyles, S., **Woods, L.**, George, E., Erickson, E. (2025, May). *Comparative Effectiveness of Two Labor Induction Approaches at Two Institutions in Arizona*. Poster presented at the Southwestern Primary Care Research & Innovation Summit. Tucson, AZ.
5. **Merritt, L.J.**, Friedman, S.E., West, M.S., O'Connor, M.F. (2022, March). *Grief and loss during the COVID-19 pandemic: Exploring perceived physical health as a predictor for rumination*. Poster presented at the annual meeting of the American Psychosomatic Society, Long Beach, CA.
6. Friedman, S.E., **Merritt, L.J.**, West, M.S., O'Connor, M. F. (2022, March). *Pandemic Grief Study (PANGS): Acute grief of bereaved relatives following deaths during COVID-19*. Poster presented at the annual meeting of the American Psychosomatic Society, Long Beach, CA.* *Psychosomatic Medicine*, 84(5), A51.
7. West, M.S., Friedman, S.E., **Merritt, L.J.**, & O'Connor, M.F. (2022, March). *Bereavement in the COVID-19 Pandemic: The Grief Experience of African American & Latino Communities*. Poster presented at the annual meeting of the American Psychosomatic Society, Long Beach, CA.* *Psychosomatic Medicine*, 84(5), A69.

8. **Merritt, L.**, Stelzer, E. (2020, December). *Emotion Beliefs and Adjustment to Loss: Testing a Mediation Model*. Poster presented at the Arizona Psychological Association Convention. **Awarded Arizona Psychological Association Student Poster Contest Winner.**
9. **Merritt, L.**, Stelzer, E., Zhou, N., Killikelly, C. (2020, May). *Adjusting to Loss: How Beliefs About The Helpfulness of Others for Emotion Regulation Shape Grief Responses*. Poster accepted to the annual meeting of the Association for Psychological Science, Chicago, IL

Peer Reviewed Podium Presentations

National / Regional Meetings

1. Rutherford, J.N., George, E.K., **Woods, L.J.**, Erickson, E.N., Koenig, M.D. (2026, March). *Human chorionic gonadotropin variants early in pregnancy differ in women who develop postpartum hemorrhage*. Podium presentation at the annual meeting of the American Association of Biological Anthropologists. Denver, CO.
2. George, E.K., Erickson, E.N., **Woods, L.J.**, Lapsley, S.L., Koenig, M.D., and Rutherford, J.N. (2026, April). *Investigating association of placental biomarkers with term birth*. Podium presentation at the annual meeting of Western Institute of Nursing. San Francisco, CA.
3. Rutherford J.N., Koenig M.D., Abrams E., **Woods L.**, Ruvalcaba H., Lapsley S., and Erickson E. (2025, March). *Prenatal biomarkers of placental invasiveness are correlated with postpartum blood loss*. Abstract accepted for podium presentation at the annual meeting of the American Association of Biological Anthropologists. Baltimore, MD.
4. Rutherford, J.N., Abrams, E., Erickson, E., Ruvalcaba, H., **Woods, L.**, Lapsley, S., Koenig, M.D. (2024, March). *Do biomarkers associated with placentation hold potential for early risk detection of postpartum hemorrhage?* Abstract accepted for podium presentation at the annual meeting of the American Association of Biological Anthropologists, Los Angeles, CA.

MENTORSHIP EXPERIENCE

2020 Peer Mentor, University of Arizona

Held biweekly one-on-one meetings with 20 freshman psychology students. Discussion topics included career exploration, study skills, and extracurricular and research engagement.

HONORS & AWARDS

2020 Arizona Psychological Association Student Poster Contest Winner
2018-20 University of Arizona, Dean's List

SERVICE ACTIVITIES

2019-20 Diversity Committee, University of Arizona Psychology Department, Student Representative

PROFESSIONAL AFFILIATIONS

Current:

American Counseling Association
 Society for Biopsychosocial Science and Medicine
 American Association for the Advancement of Science
 Society of Reproductive Investigation

Previous:

American Psychosomatic Society
 Association for Psychological Science
 Postpartum Support International

MEMBERSHIPS

2021-23	Counselors for Social Justice, American Counseling Association
2019-20	University of Arizona Chapter, Psi Chi
2020	University of Arizona, Women in Medicine and Science

CERTIFICATIONS, TRAININGS & CONTINUING EDUCATION

Continuing education current per Arizona LAC licensure requirements

2025	EMDR Basic Training (5 days). Scaling Up EMDR, funded by the Arizona Department of Veterans Services.
2024	Return of Individual Research Results to Participants in Observational Cohort Studies (2 days). The National Heart, Lung, and Blood Institute of the National Institutes of Health.
2024	Stata Basics Workshop (2 days). Instructed by Dr. Bianca Manago. Statistical Horizons.
2023	3-Level Ketamine Assisted Psychotherapy Provider Training. Tucson Counseling Associates.
2023	Holding Space for Pregnancy & Infant Loss (2 days). Chapters and Seasons.
2023	Advanced Perinatal Mental Health Psychotherapy Training (6 hours). Postpartum Support International.
2023	Mindful Mothering. Postpartum Support International.
2023	Birth Trauma, PTSD, and its Effect on Moms and Families. Postpartum Support International.
2022	Screening for Perinatal Emotional Distress. Seleni Institute.
2022	Maternal Mental Health Certificate Training for Mental Health and Clinical Professionals (8-sessions). Postpartum Support International.
2021	R training sessions (biweekly). University of Arizona.
2021	Principles of fMRI course by Johns Hopkins University (Instructed by Drs. Tor Wager and Martin Lindquist). Coursera.
2020	Disability Identity Awareness certification (6 days). University of Arizona.

SPECIAL SKILLS

Training/experience with Stata statistical software

Familiarity with R and SPSS statistical software

Training/experience with electronic health record systems (Avatar, Simple Practice, Cerner)

Experience with scientific literature management systems (Zotero, Covidence)

Training/experience with electronic data capture software (REDCap, MyDataHelps, Qualtrics)

Basic laboratory skills (pipetting, protocol adherence, biospecimen handling)

REFEREES

Mary-Frances O'Connor, PhD

Associate Professor of Psychology

The University of Arizona

Email: mfo@arizona.edu

Connie Beck, PhD

Retired Associate Professor of Psychology

The University of Washington-Tacoma

Email: Beckcj@uw.edu

Ryan Davidson, PhD

Pediatric Psychologist, Boston Children's Hospital

Instructor of Psychology, Harvard Medical School

Email: ryan.davidson@childrens.harvard.edu