

NICHOLAS WIGNALL

CURRICULUM VITAE

The Cognitive Behavioral Institute of Albuquerque
One San Rafael Avenue NE Albuquerque, NM 87122
(505) 823-1600 nw@cogtherapy.com

CURRENT POSITION

8/2016 – Present **Supervising Psychologist**
The Cognitive Behavioral Institute of Albuquerque, Albuquerque, NM

EDUCATION

8/2015 – 5/2016 **Post-Doctoral Fellowship**
The Cognitive Behavioral Institute of Albuquerque, Albuquerque, NM

8/2013 – 8/2015 **Pre-Doctoral Internship**
University of Texas Southwestern Medical Center, Dallas, TX
APA Accredited Clinical Psychology Internship (captive)
Training Sites: Children's Medical Center at Dallas (Neuropsychology) and
Southern Methodist University Counseling Center (Psychotherapy)

8/2011 – 8/2015 **Doctor of Philosophy in Clinical Psychology**
University of Texas Southwestern Medical Center, Dallas, TX
APA Accredited Clinical Psychology PhD Program

8/2009 – 6/2010 **Master of Arts in Social Sciences**
The University of Chicago, Chicago, IL

8/2003 – 5/2007 **Bachelor of Arts in English Literature**
University of Dallas, Irving, TX

GRADUATE RESEARCH EXPERIENCE

8/2013 – 08/2015: Research Assistant
The Psychoneuroendocrinology Lab
The University of Texas Southwestern Medical Center
Various research projects in psychoneuroendocrinology
Dissertation research: *Telomere Length, Uncommon Genetic Variation, and Depression*

8/2009 – 12/2010: Research Assistant
The Human Behavioral Psychopharmacology Lab
The University of Chicago Hospital
Various research projects in human behavioral psychopharmacology
Master's Thesis: *Nicotinic Effects on Human Cognition*

GRADUATE CLINICAL EXPERIENCE

- 8/2012 – 8/2015: **Psychotherapist**
Southwest Clinic, UT Southwestern Medical Center, Dallas, TX
Provided psychotherapy services to adults supported by various theoretical orientations including psychodynamically-oriented therapy and cognitive-behavioral therapy (CBT).
- 8/2012 – 8/2013: **Clinical Psychology Practicum Student**
Johnson County Adult Probation Department
Provided individual therapy and assessment services to Johnson County probationers.
- 8/2013 – 12/2013: **Psychological Assessment**
Parkland Hospital Psychiatric Emergency Department
Provided psychological assessment, collateral collection, and administrative support in an acute psychiatric inpatient setting.

VOLUNTEER INTERNSHIP

- 4/2013 – 8/2015: Intern, *A Home Within* | <http://www.ahomewithin.org>

PUBLICATIONS

Wignall, N.D., Jeon-Slaughter, H., Deschner, M., Evans, H.M., Brown E.S. The Relationship Between Depressive Symptoms and Telomere Length in a Large Multiethnic Sample. *Journal of Clinical Psychiatry*.

Xiao H., Wignall N., Brown E.S. (2016) An open-label pilot study of icariin for co-morbid bipolar and alcohol use disorder. *Am J Drug Alcohol Abuse*.

Wignall, N.D., Brown E.S. Citicoline in Addictive Disorders: A Review of the Literature (2014), *American Journal of Drug and Alcohol Abuse*.

Wignall, N.D., de Wit, H. (2011). Effects of Nicotine on Attention and Inhibitory Control in Healthy Nonsmokers. *Journal of Experimental and Clinical Psychopharmacology*.

EDITORIAL POSITIONS

- 2015 – Present Assistant Editor, Cognitive Behavioral Therapy Book Reviews

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

- 2014 – Present Association for Behavioral and Cognitive Therapies
2017 – Present New Mexico Psychological Association

ADVANCED CREDENTIALING AND CERTIFICATIONS

- 2017 – Present Diplomate of The Academy of Cognitive Therapy