

# **Michelle Grimes**

**Associate Professor of Child Clinical Psychology at Southern Utah University**

Cedar City, UT, US

A licensed psychologist specializing in clinical child psychology, principles of psychological assessment, and sibling conflict resolution

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## **Biography**

Dr. Michelle Grimes is an Assistant Professor of Child Clinical Psychology at Southern Utah University. Her clinical and research interests focus on behavior disorders of childhood, sibling conflict, and pediatric sleep disorders. Dr. Grimes is a licensed psychologist with specialized training in clinical child psychology. During her short time at SUU she has developed the annual SUU Child Behavioral Health Conference, which offers continuing education for behavioral health professionals in the community. Dr. Grimes earned a Bachelor of Arts in Psychology from the University of Oregon, a Master of Science in Psychology and a Ph.D. in Clinical Psychology from Idaho State University. Her postdoctoral fellowship with the Kennedy Krieger Institute, Johns Hopkins University School of Medicine focused on clinical child psychology.

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## **Industry Expertise**

Childcare, Writing and Editing, Research, Mental Health Care, Education/Learning

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## **Areas of Expertise**

ADHD, Acceptance and Commitment Therapy (Act), Anxiety, Behavior Disorders in Children, Behavioral Health, Behavioral Issues, Body Dysmorphic Disorder, Caffeine and ADHD, Caffeine and Depression, Child Development, Clinical Child Psychology, Cognitive Behavioral Therapy, Depression, Disruptive Behaviors, Eating Disorders, Exposure and Response Prevention, Family Therapy, Habit Reversal, Insomnia and Sleep Disorders, Obsessive Compulsive Disorder (OCD), Oppositional Defiance, Parenting, Parent-Child Interaction Therapy (PCIT), Pediatric Sleep Disorders, Principles of Psychological Assessment, Psychological Evaluations, School Concerns, Sibling Conflict, Sibling Conflict Resolution, Teaching Parents to Code Child Behavior, Teletherapy, Tourette Syndrome, Trichotillomania

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## **Affiliations**

APA Division of Child Clinical Psychology, PSI CHI Undergraduate Honor Society Co-Advisor, SUU University Curriculum Committee

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## **Education**

**Kennedy Krieger Institute/Johns Hopkins University School of Medicine**  
Postdoctoral Fellowship

**Idaho State University**  
Ph.D. Clinical Psychology

**Idaho State University**  
M.S. Psychology

**University of Oregon**  
B.A. Psychology

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## **Accomplishments**

**College of Humanities and Social Sciences Early Career Award**  
Southern Utah University, 2018

**Festival of Excellence Distinguished Mentor Award**  
Southern Utah University, 2018

**Influencer Certificate**  
Southern Utah University, 2016 & 2017

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