

# Rev. Katie O'Dunne, DMin

(she/her)

## EDUCATION

### Vanderbilt University - Doctor of Ministry in Integrative Chaplaincy

Nashville, TN — August 2022-May 2024

GPA: 4.0

- Award for Distinction in Integrative Care Practices
- Mental Health in Chaplaincy Services Certificate
- Divinity Merit Scholarship
- Project on reimaging evidence-based treatment for OCD as spiritual practices across religious/spiritual traditions

### Candler School of Theology at Emory University - Master of Divinity with Certificate of Faith and Health

Atlanta, GA — September 2012 - May 2015

GPA: 3.894

- Sims Garrett Scholarship, Full Tuition (2012-2015)
- John D. And Alice Slay Award Nominee (2014)
- Who's Who Among Students in American Colleges and Universities Nominee (2014)
- Certificate of Faith & Health through additional studies at Rollins School of Public Health at Emory

### Elon University - B.A. in Human Services & Religious Studies

Elon, North Carolina — September 2008 - May 2012

GPA: 3.983

- Phi Beta Kappa (2012)
- NCAA Southern Conference Bob McCloskey Insurance Graduate Scholarship (2012)
- President's List (2008-2011)
- Charles D. Johnson Ministerial Scholarship (2011-2012)
- Religious Studies Scholar Award (2011)
- Zint Family Scholarship (2011-2012)
- W.L. Monroe Christian Education and Personality Award (2011)
- SURF Speaker on Female Ordination (2011)
- Tau Upsilon Alpha (President), Human Services Honors Society (2011-Present)
- Phi Kappa Phi, Academic Honors Society (2011-Present)
- Academic All-Conference Team (2011)
- Academic All-District Team (2011)
- Theta Alpha Kappa (Officer), Religious Studies Honors Society (2010-Present)
- Rawles Religious Studies Scholarship (2010-2011)
- *Celebrate!* Service Learning Speaker on Developmental Disability (2010)
- Outstanding Service-Learning Paper Nominee (2010)
- SoCon Commissioner's Medal (2008-2010)
- Phi Eta Sigma Honors Society (2009-Present)
- Presidential Scholarship (2008-2012)

## EXPERIENCE

### Founder, Stick with the Ick (formerly Faith & Mental Health Integrative Services)

Spiritual Support & Consultation, 1/22-Present

- Lead an international, inclusive virtual scrupulosity community app for clinicians, clergy, and individuals with OCD
- Help individuals with OCD and related disorders live into their faith traditions in value-driven ways as they navigate evidence-based treatment

- Offer Interfaith Literacy for ERP Courses for Clinicians and Support Without Reassurance Courses for Clergy
- Support individuals with OCD, clinicians/OCD treatment centers, and faith leaders
- Facilitate the process of separating faith from OCD during ERP, reconnecting with faith in a value-driven way, embracing uncertainty, and engaging in exposures with a focus on cultural competence
- Work directly alongside clinicians as an adjunct to ERP so that we can integrate a client's specific religious background respectfully into their exposures
- Use extensive experience as an interfaith chaplain & education as a faith/mental health integrative specialist to help clients uncover their own uniquely beautiful beliefs through a spiritual application of ACT, without imposing personal theology
- Develop an assessment tool for clergy to be certified in ethical faith-based understanding work alongside clinicians specializing in ERP

### The Pauline and R.L. Jr. '35 Chair of Religious Studies, Woodward Academy

College Park / Johns Creek, GA — 8/15-5/22

- Develop a project-based model for Comparative Religions that fosters empathy/religious literacy in a diverse school environment
- Teach 150 students per year in “Comparative Religions” with a focus on interfaith literacy in a global context
- Facilitate Compassion Capstone Requirement for 12th-grade students, which integrates mental health and social-emotional learning into the project-based coursework

### Academy Chaplain, Woodward Academy

College Park / Johns Creek, GA — 8/15-5/22

- Provide pastoral care to 600 faculty/staff and 2,700 students in times of joy and crisis from an interfaith perspective
- Coordinate age-appropriate religious life activities for PK-12th grade on two campuses
- Serve on the Woodward Council and other boards/committees to provide a voice for all faiths
- Manage the Religious Life budget/endowment
- Create the Chaplain’s Council made up of 20 student leaders from various faith backgrounds for student-led faith initiatives on campus
- Lead interfaith prayer services and other religious understanding initiatives
- Lead the invocation, benediction, and prayers at all major campus events (Opening of School, Veteran’s Day, Founder’s Day, Baccalaureate, Commencement, etc.)
- Serve as a calming presence on campus engaged in student life
- Create/facilitate DEI workshops while encouraging faculty to create safe spaces for students
- Lead policy revisions to better support our transgender and non-binary students

### Student Minister, Kirkwood United Church of Christ

Atlanta, GA — 8/14-8/15

- Provided pastoral care to the congregation in an urban setting and initiated new pastoral care/outreach programs
- Participated in music ministry as a singer of the progressive band, sermon preparation/preaching, and liturgical leadership

### Program Intern, Back on My Feet

Atlanta, GA — 5/14-8/14

- Empowered individuals experiencing homelessness through group running
- Provided support for residential members, taught resume skills, and initiated a new injury prevention program

### Clinical Pastoral Education, Atlanta VA Medical Center

Atlanta, GA — 6/13-8/13

- Worked to support patients and families in ICU, Surgery, and Palliative Care

- Prepared and led worship services in the chapel, community living center, and psychiatric floor

### Pastoral Care Intern, Twin Lakes Continuing Care Retirement Community

Burlington, NC — 3/11-5/11

- Prepared and delivered homilies that explored issues specifically directed at older adults
- Provided pastoral care to residents and families dealing with end of life issues and past hardships

### Case Management Intern, Family Abuse Services

Burlington, NC — 5/10-7/10

- Developed the skills necessary to support individuals experiencing abuse, file restraining orders, and provide safe housing
- Developed a safety plan pamphlet for parents and their children during supervised visitation

### Service-Learning Intern, Ralph Scott Lifeservices for the Developmentally Disabled

Burlington, NC — 9/09-12/09

- Successfully formed relationships with residents experiencing a developmental disability
- Worked to build skills necessary in residents' everyday lives through activities tailored specifically for each individual

### Student Ambassador & Peer Advisor, Candler School of Theology Admissions

Atlanta, GA — 9/12-5/15

- Led tours, accepted students weekends, leadership weekends, and vocational discernment weekends
- Completed administrative work and facilitated dialogue with seminary students on their financial/academic needs

## SPEAKING ENGAGEMENTS

- O'Dunne, Katie, Caitlin Claggett Woods, Emily Bailey, Justin K. Hughes, and Mubeena Mirza. "*Scrupulous Scrupulosity: Respectful Treatment of Religious Obsessions in OCD.*" Presentation for the Clinicians Session, November 24, 2024.
- O'Dunne, Katie, and Ethan Smith. "*Finding Your Inner OCD Warrior with Hope, Belief, Compassion, and Values.*" Presentation for the Living with OCD Session, November 23, 2024.
- O'Dunne, Katie, and Ethan Smith. "*Living Fully with OCD: Our Journey Through Self-Compassion and ACT.*" Presentation at the OCD Kansas 2nd Annual OCD Conference (online), October 12, 2024.
- O'Dunne, Katie. "*Is My OCD a Faith Issue? A Conversation Exploring Scrupulosity and OCD.*" Interview by Sara Steigman. Presentation for *OCD Awareness Month* at the Cognitive Behavior Institute, October 1-17, 2024.
- O'Dunne, Katie. "*Working at the Intersection of Faith and OCD.*" Interview by Natalia Aiza. *Let's Talk OCD Webinar*, Kairos Wellness Collective, September 27, 2024.
- O'Dunne, Katie, and Jason Nieuwsma. "*ACT, Chaplaincy, and Psychosocial-Spiritual Care.*" Presentation delivered to all VA Mental Health providers, Integrative Mental Health, 2024.
- IOCDF Faith & OCD Conference - Host, Facilitator, Presenter, & Planning Committee (2021, 2022, 2023, 2024)
- "Faith as a Diversity Component: Demonstrating Effective Integration of Faith into Treatment" - Workshop at the Southeastern Psychological Association (SEPA) Conference (2024)
- Navigating Grief in School Communities - CSEE Virtual Conference Speaker/Facilitator (2024)
- Religious Literacy for OCD Treatment - OCD Institute Texas in Houston, TX (2024)
- Religious Literacy for OCD Treatment - Sunnybrook Hospital in Toronto, ON (2024)
- Keynote Speaker - Exposurepalooza at University of Colorado School of Medicine (2023)
- IOCDF Livestream Host for Programming (Faith/OCD Roundtable, Town Halls, Community Conversations) - 2021-Present
- "Beyond a Search for Religious Understanding: Scrupulosity Support Group" - IOCDF Virtual Conference (2023)
- "OCD Crashed Our Wedding: Successfully Navigating OCD On Your Most Important Days" - IOCDF Virtual Conference (2023)

- “Faith Integration in OCD Treatment: Bridging the Gap through Religious Literacy” - IOCDF Virtual Conference (2023)
- “Adjusting Out of Current Therapy: Helping You Make the Transition Smoother!” - IOCDF Virtual Conference (2023)
- “Fairytale Endings: Where the Happy Couple Can Exist Amidst OCD” - IOCDF Conference, San Francisco (2023)
- “That Pisses Me Off! How To Navigate Misinformation in the Media” - IOCDF Conference, San Francisco (2023)
- “Start Spreading The News: Turn Your Passion Into Advocacy” - IOCDF Conference, San Francisco (2023)
- “Religious Scrupulosity is a Subtype of OCD” - 15th Annual Muslim Mental Health Conference (2023)
- “Faith & Mental Health Are Not Mutually Exclusive” - IOCDF Virtual Conference (2022)
- “No Sure? So What! - Living a Value-Driven, Joyful Life Anyway” - IOCDF Virtual Conference (2022)
- “We Want You! Building an Advocate Community” - IOCDF Virtual Conference (2022)
- “Religious Scrupulosity is a Subtype of OCD” - OCD-UK Conference (2022)
- “Self-Compassion is a Spiritual Practice” - University of Georgia (2022)
- “Rituals Beyond Religion: Religious Scrupulosity as a Subtype of OCD” - Salesforce Presentation (2022)
- “Religious Scrupulosity is an OCD Issue...Not a Faith Issue” - IOCDF Conference, Denver (2022)
- “#RealOCD: Uniting Our Voices to Create Change!” - IOCDF Conference, Denver (2022)
- “Dating and Doubting: OCD & Relationships with IOCDF Advocates, and Real Life Couple, Katie and Ethan” - IOCDF Conference, Denver (2022)
- Baccalaureate Address, Woodward Academy (2022)
- Facilitator/Speaker at Center for Spiritual & Ethical Education National Chaplain’s Event (2022)
- Facilitator/Speaker at Center for Spiritual & Ethical Education National Grief Event (2022)
- “When Fears & Trauma Meet - Real Situations of Grief Complicated by a Pre-Existing OCD Diagnosis” - Online IOCDF Conference (2021)
- “Grief during COVID” - CSEE Virtual Conference Speaker/Facilitator (2020)
- “Embracing an Interfaith World” - Trinity Presbyterian, Atlanta, GA (2019)
- “How Living in the Moment Fosters Gratitude: Presence in a Present” - The Baylor School, Chattanooga, TN (2018)
- “The Importance of Interfaith Dialogue” - Serenbe Interfaith Fellowship, Chattahoochee Hills, GA (2017)
- Keynote Address, National Honors Society Induction - Atlanta, GA (2016)

## RECENT PUBLICATIONS/ARTICLES/PODCASTS

- O'Dunne, Katie. "*Understanding the Relationship Between Faith and OCD.*" Interview by Your Dose. *Your Dose Podcast*, August 18, 2024
- Featured in “I have OCD. Some cognitive behavioral therapy techniques were totally wrong for me” - *The Guardian* (2024)
- “Reverend Katie O’Dunne: Faith, OCD, and the Marathon of Mental Health” - *The Unholy Union Podcast* (2024)
- Featured in “Clergy Burnout is a growing concern in polarized churches” - *Associated Press* (2023)
- Featured in “Is Ramadan More Challenging for Neurodiverse Muslims” - *Interfaith America & Religious News Service* (2023)
- “Outrunning OCD” - *The Uplifters Podcast* (2023)
- “Conquering OCD & Anxiety” - *One Good Day Podcast* (2023)
- Kim Quinlan's *Your Anxiety Toolkit Podcast* - Thriving in Relationships with OCD (with Ethan Smith and Rev. Katie O’Dunne) (2023)
- Running Towards Our Values: Faith, OCD, & Religious Scrupulosity with Reverend Katie O'Dunne - *A Chat with Uma Podcast* (2023)
- Q&A with Lead Advocate, Katie O'Dunne! - *OCDebunked Podcast* (2023)
- Navigating Faith & OCD in Inclusive Ways with Katie O'Dunne - *The Care Ministry Podcast* (2023)
- Comparing ERP to Monsters Inc. with Rev. Katie O'Dunne - *Anilujah Podcast* (2023)
- *FearCast Podcast* - Religious Scrupulosity OCD (2023)
- Kim Quinlan's *Your Anxiety Toolkit Podcast* - Treating Scrupulosity & Religious OCD with Compassion (2023)

- “Embracing Faith in God & Treatment” - *Sojourners Magazine* (January 2022)
- “Thriving in Community While Living in Disagreement” - *CSEE Connections Quarterly* (Fall 2021)
- “Handling Grief Amid a Pandemic” - *Woodward Academy: Beyond the Gate* (February 2021)
- “Defining Diversity & Inclusion” - *CSEE Connections Quarterly* (Summer 2020)
- “Interfaith Immersion Trip Provides Insight Into Commonalities Between People” - *Woodward Academy: Beyond the Gate* (March 2019)
- “Life & Work with Rev. Katie O’Dunne” - *Voyage ATL* (June 2018)
- “Embracing Differences: Experiencing Commonalities Across Faiths” - *Woodward Academy: Beyond the Gate* (November 2017)
- “Faith in Motion: Understanding the Connection Between Endurance Athletics and Spirituality” - *Emory University, Candler School of Theology Integrative Research* (2015)

## ADDITIONAL LEADERSHIP POSITIONS

- Ordained & Licensed Minister in the United Church of Christ (2015-Present)
- OCD Institute Texas Consultant on Religion & OCD (2024-Present)
- Facilitated IOCDF Faith & OCD Action Council (2021-Present)
- Lead Advocate for the International OCD Foundation (2021-2024)
- IOCDF Advocate Spirit Award (2023)
- Facilitates IOCDF Faith & OCD Special Interest Group (2021-Present)
- Facilitates IOCDF Helping Professionals with OCD Special Interest Group (2022-Present)
- Competing in 50 Ultra Marathons to fundraise for Evidence-Based OCD Treatment (2021-Present)
- Vice President of the OCD Georgia Board of Directors (2021)
- Multiple Myeloma Research Foundation - Ironman Team for Cures (2017-2019)
- Middle School Cross Country/Track Coach, Woodward Academy (2015-2021)
- Back on My Feet Atlanta Volunteer (2015-2019)
- Triathlon Team USA - World Championships (2014-2015)
- NCAA Division I Varsity Cross Country/Track - Captain (2008-2012)