

KATIE ROSE GUEST PRYAL, J.D., PH.D.

**Author and Keynote Speaker
Expert in Mental Health and Neurodiversity**

Chapel Hill, N.C.
katiepryal.com : katie@katiepryal.com

EDUCATION

Doctor of Philosophy (Ph.D.) in Rhetoric and Composition

August 2007 | University of North Carolina Greensboro. Recipient of the UNCG English Department Norman Fellowship, Tuition Fellowship, and Graduate Assistantship.

Graduate Certificate in Women's and Gender Studies

May 2005 | University of North Carolina Greensboro

Judicial Clerkship

2003-04 | The Honorable Terrence W. Boyle, Chief Judge of the United States District Court for the Eastern District of North Carolina

Juris Doctor (J.D.)

May 2003 | University of North Carolina School of Law, Chapel Hill, NC. Member of the Dean's List and Recipient of NC Bar Association Pro Bono Award. Admitted to practice law in North Carolina State and Federal Courts

Master of Arts in Writing (M.A.)

May 2000 | Johns Hopkins University Writing Seminars, Baltimore, MD. Concentration in Nonfiction Writing. Fellowship recipient.

Bachelor of Arts, *Cum Laude* (A.B.)

December 1997 | Duke University Trinity College of Arts & Sciences, Durham, NC. Majors in English and French; Minor in Women's Studies.

EMPLOYMENT (SELECTED)

Keynote Speaker, represented by BrightSight Speakers

2020 – Present | Deliver keynote talks around the country on topics related to mental health, neurodiversity, and disability.

Author

2009 – Present | Write award-winning trade nonfiction and novels that center neurodiversity and mental health.

Columnist

2014-Present | Write regular columns for national publications, predominantly featuring mental health and neurodiversity, including *Psychology Today*, *The Chronicle of Higher Education*, and *Catapult Magazine*.

Professor, University of North Carolina at Chapel Hill, NC

2007-Present. Current post: Adjunct Professor of Law.

Attorney Of Counsel, Gordon Rees Scully Mansukhani, LLP

2020-2022 | Represented large corporate clients in employment law matters in the state of North Carolina, specializing in employment contracts.

Instructor, Drexel University M.F.A. Program, Philadelphia, PA

2020-2022 | Taught graduate students in the Master of Fine Arts in Creative Writing Program.

NONFICTION BOOKS (SELECTED)

BIRTH AND NEURODIVERSITY (WORKING TITLE). Under consideration.

A hybrid memoir of a woman with bipolar disorder and undiagnosed autism as she navigates mental health challenges and crises while getting pregnant, giving birth, and post-partum.

PARENTING NEURODIVERSITY: AN INSIDER'S COMPANION. Johns Hopkins University Press, forthcoming 2026.

A hybrid memoir that provides a guide for all parents of neurodivergent children from the point of view of a bipolar-autistic mom, which pairs storytelling with compelling research to deepen understanding of common themes—anxiety, masking, fake cures, medication shaming, and ableist stereotypes.

A LIGHT IN THE TOWER: A NEW RECKONING WITH MENTAL HEALTH IN HIGHER EDUCATION, University Press of Kansas, 2024.

Using evocative storytelling and incisive research, this hybrid memoir brings a new eye to the mental health crisis that higher education has faced for decades. Addressing the stigma that haunts mental disability on campus, the ableism that dogs teaching, and the cascade of mental health struggles that far too many faculty and students face, the book provides straightforward solutions to these complex problems.

- Winner of the Independent Publisher Book "IPPY" Bronze Medal in Education.

THE FREELANCE ACADEMIC: RECLAIM YOUR CAREER, CREATIVITY, AND MENTAL HEALTH, Blue Crow Books, Revised and Expanded Edition, 2024. (1st edition, 2019.)

A neurodivergent professor tells her story of trying, and failing, to make a fulfilling career as contingent faculty. She provides a critique of how higher education exploits teachers and harms their mental health and gives practical advice for how to make a new career in, around, or outside of higher education.

- Winner of the INDIE Gold Medal for Careers (awarded by FOREWORD MAGAZINE to small-press titles).
- Named to THE PROFESSOR IS IN'S [Top 12 Books About Academia](#) in 2021.

EVEN IF YOU'RE BROKEN: BODIES, BOUNDARIES, AND MENTAL HEALTH, Blue Crow Books, Revised and expanded edition, 2023. (1st edition, 2019.)

A clear-eyed, incisive, and often funny essay collection by a bipolar-autistic law professor that introduces readers to the convergence of mental health and sexual assault. This IPPY-Gold-medal-winner "gives a voice to survivors whose bravery is often overlooked just because they are silent." -*Booktrib Magazine*

- Winner of the Independent Publisher Book "IPPY" Gold Medal in Women's Issues.
- Selected by [RAINN as a featured book](#) in 2021.

LIFE OF THE MIND INTERRUPTED: ESSAYS ON MENTAL HEALTH AND DISABILITY IN HIGHER EDUCATION, Blue Crow Books, 2017 (paperback and ebook), Blackstone Audio, 2022 (audiobook).

Drawing from personal experience and extensive interviews and research, this book provides affirming stories and hands-on advice for teaching, collegiality, and thriving against the odds in a higher education environment that is often hostile to neurodivergent and disabled people.

- Selected by BOOK RIOT as one of the top [5 Books to Help You Understand Higher Education](#) in 2019.
- Named to THE PROFESSOR IS IN'S [Top 12 Books About Academia](#) in 2021.

FICTION BOOKS (SELECTED)

Note: Like all of my writing, my novels center mental health and neurodiversity.

THE WRAITHS OF ST. JULIAN'S: A NOVEL. (Under consideration.)

The first novel in a mature-young-adult trilogy featuring a main character living with complex-PTSD.

TAKE YOUR CHARMING SOMEWHERE ELSE: A NOVEL. Blue Crow Books, 2021.

- Winner of the 2022 Independent Publisher Book "IPPY" Gold Award in Romance.

FALLOUT GIRL: A NOVEL. Blue Crow Books, 2018

- Picked by CHAPEL HILL MAGAZINE as one of its top [5 Books From Local Authors to Take to the Beach](#) in 2018.

CHASING CHAOS: A NOVEL. Velvet Morning Press 2016; reprint ed. Blue Crow Books 2017

ENTANGLEMENT: A NOVEL. Velvet Morning Press 2015; reprint ed. Blue Crow Books 2017

TEXTBOOKS (SELECTED)

CORE GRAMMAR FOR LAWYERS, Carolina Academic Press, 2011, 5th ed. 2024 | Co-author Professor Ruth Ann McKinney.

An online, self-diagnostic, self-directed learning tool that teaches pre-law students, law students, paralegals, and lawyers how to best use English grammar and style

conventions when writing for a legal audience. View online at coregrammarforlawyers.com. Part of the Core Grammar series co-edited with Prof. Ruth Ann McKinney.

THE COMPLETE LEGAL WRITER, Carolina Academic Press, 2016, 2nd ed. 2020 | Co-author Professor Alexa Z. Chew.

A genre-based legal writing textbook for law students and lawyers. Part of [The Complete Series for Legal Writers](#) co-edited with Prof. Alexa Chew.

THE COMPLETE PRE-LAW WRITER. Carolina Academic Press, 2022 | Co-author Professor Louis di Leo.

A legal writing textbook for pre-law students that uses a genre-based approach to teach students to write legal documents. Part of [The Complete Series for Legal Writers](#) co-edited with Prof. Alexa Chew.

THE COMPLETE BAR WRITER. Carolina Academic Press, 2020 | Co-author Professor Alexa Z. Chew.

A genre-based legal writing textbook for third-year law students and law graduates who are preparing for the writing portions of the bar exam, with special focus on the Multistate Performance Test. Part of [The Complete Series for Legal Writers](#) co-edited with Prof. Alexa Chew.

CORE GRAMMAR FOR COLLEGE, Carolina Academic Press, 2014, 2nd ed. 2020.

Co-author Professor Ruth Ann McKinney. An online, self-directed learning tool designed to help students learn the most critical grammar conventions needed to succeed in college-level writing. View online at coregrammarforcollege.com. Part of the Core Grammar series co-edited with Prof. Ruth Ann McKinney.

PUBLIC WRITING & MEDIA APPEARANCES (RECENT, SELECTED)

The Connection Between Neurodiversity and Relationship Abuse, PSYCHOLOGY TODAY, Aug. 25, 2024.

How to Handle Anxiety and High-Stakes Deadlines, PSYCHOLOGY TODAY, July 18, 2024.

How Autistic Meltdowns Help Me Live a Better Life, PSYCHOLOGY TODAY, June 21, 2024.

Two Ways to Support Students' Mental Health, THE CHRONICLE OF HIGHER EDUCATION, June 18, 2024.

What Is the Invisible Burden of School Accommodations? PSYCHOLOGY TODAY, June 11, 2024.

NATIONAL PUBLIC RADIO (Interview), "Later-in-Life Diagnosis with Autism," on show "Up to Date" via KCUR Kansas City affiliate, May 22, 2024.

Burnout and Neurodiversity, PSYCHOLOGY TODAY, May 20, 2024.

How Anxiety Harms Creativity (And What to Do About It), PSYCHOLOGY TODAY, March 28, 2024.

How to Help Students with Procrastination, LAW SCHOOL SURVEY OF STUDENT ENGAGEMENT BLOG, March 25, 2024.

The Strengths and Struggles of Trauma Disorders, PSYCHOLOGY TODAY, March 7, 2024.

Should You Seek an Adult Diagnosis of Neurodivergence? THE CHRONICLE OF HIGHER EDUCATION, Jan. 22, 2024.

How Suspicion Feeds Stigma Against Neurodivergent People, PSYCHOLOGY TODAY, Jan. 13, 2023.

Neurodivergent Holidays: Set Boundaries for Your Well-Being, PSYCHOLOGY TODAY, Dec. 12, 2023.

The Barriers to an Adult Diagnosis of Autism, PSYCHOLOGY TODAY, Nov. 25, 2023.

Accommodations and Accessibility: What's the Difference? PSYCHOLOGY TODAY, Nov. 6, 2023.

What Does Neurodiversity Mean Today? PSYCHOLOGY TODAY, Sept. 9, 2023.

Should You Disclose Your Neurodivergence at Work? PSYCHOLOGY TODAY, July 26, 2023.

Making Sense of the Past as a Late-Diagnosed Autistic Adult, PSYCHOLOGY TODAY, July 22, 2023.

Neurodivergent Students Need Flexibility, Not Our Frustration, THE CHRONICLE OF HIGHER EDUCATION, July 3, 2023.

How to Teach Your (Many) Neurodivergent Students, THE CHRONICLE OF HIGHER EDUCATION, March 29, 2023.

An Autistic Girl's Guide to Horses, CATAPULT, Dec. 8, 2022.

When 'Rigor' Targets Disabled Students, THE CHRONICLE OF HIGHER EDUCATION, Oct. 6, 2022.

Accommodations Are not Accessibility: An Interview With Katie Rose Guest Pryal, THE RUMPUS, September 21st, 2022.

Abortion Bans Put Colleges in Legal Limbo, THE CHRONICLE OF HIGHER EDUCATION, Aug. 4, 2022.

Why I Waited to Disclose My Mental Health Disorder at Work, Profile in GOODRX HEALTH, by Marcia Frellick, July 26, 2022.

Abortion Is a Higher-Ed Issue: The End of 'Roe' Will Worsen the Campus Mental-Health Crisis, THE CHRONICLE OF HIGHER EDUCATION, June 30, 2022.

When Universities Raid Student Therapy Records, THE CHRONICLE OF HIGHER EDUCATION, Feb. 11, 2022.

The Holes We Live With, FULL GROWN PEOPLE Magazine, Oct. 2021. Nominated for a Pushcart Prize.

Pandemic Procrastination Requires Self-Compassion, WOMEN IN HIGHER EDUCATION, April 2021, at 9.

How Are You Caring for Students This Year? WOMEN IN HIGHER EDUCATION, Dec. 2020.

Letting Go of Rigor Anxiety During a Pandemic, NATIONAL TEACHING AND LEARNING FORUM, October 2020.

SCHOLARLY WRITING & RESEARCH (HIGHLY SELECTED)

Foreword, in OF MANY MINDS (essay collection on mental health in higher education), Johns Hopkins University Press (2025).

Genre Discovery 2.0., 28 BARRY LAW REVIEW 1 (2023).

Systemic Burnout: An Examination of the Work of Front-Line Professors in Caring for Law Students' Mental Health, 27 THE JOURNAL OF THE LEGAL WRITING INSTITUTE 199 (2023).

Quit Lit Is About Labor Conditions, in LEAVING THE GROVE: A QUIT LIT READER (2022).

Foreword, in MENTAL HEALTH AMONG HIGHER EDUCATION FACULTY, ADMINISTRATORS, AND GRADUATE STUDENTS: A CRITICAL PERSPECTIVE xi-xvi (Teresa Heinz Housel ed., 2021).

A Lecturer's Almanac, in CRITICAL DIGITAL PEDAGOGY: A COLLECTION 140-47 (Jesse Stommel, Chris Friend, and Sean Michael Morris eds., 2020).

Manifesto: The Freelance Academic, in SUCCEEDING OUTSIDE THE ACADEMY: CAREER PATHS BEYOND THE HUMANITIES, SOCIAL SCIENCES AND STEM (Joseph Fruscione & Kelly J. Baker, eds., 2018).

Heller's Scapegoats. 93 UNIVERSITY OF NORTH CAROLINA LAW REVIEW 1493 (2015). Law review article on the scapegoating of mentally disabled people in the gun control debate.

Symposium Introduction: Vulnerable Defendants in the Criminal Justice System. Co-author Tamar Birckhead. 93 UNIVERSITY OF NORTH CAROLINA LAW REVIEW 1211 (2015).

Faculty Co-Chair, with Prof. Tamar Birckhead, of the NORTH CAROLINA LAW REVIEW Symposium, "Vulnerable Defendants and the Criminal Justice System." (2014)

The Genre Discovery Approach: Preparing Law Students to Write Any Legal Document, 59 WAYNE LAW REVIEW 351 (2014).

"Report: Judicial Preferences for Writing Samples Based on Data Gathered from the New Legal Writers Survey." Co-authored with Prof. Alexa Chew of UNC Law. (2014)

Co-Principal Investigator: The New Legal Writers Survey (with Prof. Alexa Chew of UNC Law). IRB-approved survey of legal employers about their hiring practices and their expectations of new lawyers. Recipient of Brooks Fund Grant to support empirical research. (2013)

Co-Investigator, UNC Genre Project, <http://genre.web.unc.edu>. Lead Investigators: Professors Jordynn Jack and Jane Danielewicz of UNC English. (2013-14)

The Genre of the Mood Memoir and the Ethos of Psychiatric Disability in NEURORHETORICS 105-27 (Jordynn Jack ed., 2013). Originally published in 40 RHETORIC SOCIETY QUARTERLY 479-501 (2010).

Reframing Sanity: Scapegoating the Mentally Ill in the Case of Jared Loughner, in RE/FRAMING IDENTIFICATIONS 159-68 (Michelle Ballif ed., 2013).

The Rhetoric of Sissy-Slogans: How Denigrating the Feminine Perpetuates the Terror Wars, 15 THE JOURNAL OF RACE, GENDER, & JUSTICE 503-40 (2012).

Hollywood's White Legal Heroes and the Legacy of Slave Codes, in AFTERIMAGES OF SLAVERY: ESSAYS ON APPEARANCES IN RECENT AMERICAN FILMS, LITERATURE, TELEVISION AND OTHER MEDIA 145-63 (Marlene Allen & Seretha D. Williams eds., 2012).

The Creativity Mystique and the Rhetoric of Mood Disorders, 31 DISABILITY STUDIES QUARTERLY (Issue 3, Special Issue on Rhetoric and Disability, 2011).

Walking in Another's Skin: Failure of Empathy in To Kill a Mockingbird, in HARPER LEE'S TO KILL A MOCKINGBIRD: NEW ESSAYS 174-89 (Michael Meyer ed., 2010).

Intimate Pedagogy: The Practice of Embodiment in University Classrooms, 1 ASSUMING GENDER 62-77 (2010).

The Ideology of Terror: Why We Will Never Win the "War," 28 JOURNAL OF AMERICAN CULTURE 368-76 (2005). Winner of the JOURNAL OF AMERICAN CULTURE Award for the Best Graduate Student Paper Presented at the 2005 Annual Meeting of the American Culture Association.

TALKS & WORKSHOPS (HIGHLY SELECTED)

July 2024 | Writer's Residency, Wildacres Retreat, Wildacres, NC

May 15, 2024 | Keynote (Remote): "Embracing Neurodiversity in our Communities," Easterseals of Southern California.

March 22, 2024 | Keynote (Remote): "Neurodiversity and Accessibility in Higher Education," University of New Mexico College of Population Health.

Feb. 29, 2024 | Keynote: "The Neurodiversity Key: Embracing Neurodiversity in Higher Education Communities," University of Richmond, Richmond, VA.

October 6, 2023 | Keynote: "Neurodiversity and Teaching Writing," Ivy+ Writing Consortium, University of Pennsylvania, Philadelphia, PA.

Aug. 22, 2023 | Invited Speaker, episode 4.6 of *The Agile Academic Podcast*, on neurodiversity and higher education (host, Rebecca Pope-Ruark).

Aug. 15, 2023 | Invited Speaker, *The Law School Lounge* podcast, on neurodiversity and mental health.

May 23, 2023 | Invited Speaker, episode 49 of *You Should Write a Book* podcast, "Finding Your Throughline," on neurodiversity and working as a professional writer (host, Camille Pagán).

March 1, 2023 | Keynote: "Abortion Bans Harm Campus Mental Health," West Chester University, PA.

Jan. 14, 2023 | Keynote: "Systemic Burnout in Higher Education," Johnson County Community College, Kansas City, PA.

August 18, 2022 | Invited Speaker: "Roe v. Wade: Katie Pryal on Why Abortion is a Higher-Ed Issue," *Diversity in Research* podcast.

March 17, 2022 | Invited Speaker: "Addressing Burnout in the Legal Profession," Texas Appellate Law Podcast.

Feb. 25, 2022 | Invited Panelist: "Entrepreneurship and Freelancing," Beyond Academia Conference 2022, University of California at Berkeley (via videoconference due to Covid).

Feb. 2, 2022 | Invited Speaker: "Managing Burnout and Mental Health in Our Ongoing 'Crisis Mode,'" University of North Carolina Festival of Legal Learning, Chapel Hill, N.C. (via videoconference due to Covid).

Nov. 30, 2021 | Invited Speaker: "Let's Acknowledge Our Suffering," Student Affairs Administrators in Higher Education (NASPA.org), MENASA Area (Middle East, North Africa, South Asia) (via videoconference).

Feb. 26, 2020 | Workshop Leader: "The Public Writing Life for Academics," Jan Serie Center for Scholarship and Teaching at Macalester College, Minnesota.

Feb. 25, 2020 | Keynote: "Break the Cycle of Mental Health Stigma in Higher Ed," Macalester College, Minnesota.

Feb. 7, 2020 | Invited Speaker: "Mental Health and Collegiality in the Legal Profession," UNC Law Festival of Legal Learning, Chapel Hill, NC.

Dec. 8, 2019 | Keynote: Orange County Rape Crisis Center 32nd Annual Holiday Auction, Chapel Hill, NC.

Oct. 7, 2019 | Panelist: On Book Publishing, North Carolina Writers' Network, Chapel Hill, NC

Sept. 7, 2019 | Featured Speaker: Small Press Publishing, The Society of Children's Book Writers & Illustrators of the Carolinas Annual Conference, Charlotte, NC.

Aug. 7, 2019 | Invited Workshop Leader: "How to Position Yourself as a Media Expert," Digital Pedagogy Lab Conference, Mary Washington College, Virginia.

May 6, 2019 | Invited Speaker: "Freelancing and Independent Consulting," Career Spotlight Seminar, Beyond the Professoriate Annual Online Conference.

Feb. 22, 2019 | Keynote: "Disclosure Blues: Transforming Mental Health in Higher Education." Hope College, Michigan.

Feb. 19, 2019 | Invited Panelist: "Religious Studies and to #MeToo Movement: Tips for Sharing Scholarships with the Public," American Academy of Religion.

Sept. 6, 2018 | Invited Panelist: "What's Next with Alt-Ac Careers?" Future Trends Forum Online Seminar.

Feb. 7, 2018 | Author Panel: "Crazy Love: Writing Love and Mental Illness," Regulator Bookshop, Durham, NC.

Sept. 24, 2016 | Speaker and Panelist: "Disclosure in the Era of the First-Person Industrial Complex," Creative Writing Studies Association Conference, Asheville, NC.

Sept. 24, 2016 | Speaker and Panelist: "Breaking Genre Expectations in Psychiatric Memoirs," Creative Writing Studies Association Conference, Asheville, NC.

Apr. 8, 2016 | Speaker and Panelist: "Writing for Action: A Crash Course in Journalism Genres," Conference on College Composition and Communication, Houston, TX.

August 2015 | VIRGINIA QUARTERLY REVIEW (VQR) Writer's Conference Nonfiction Scholar Fellowship

May 11, 2015 | Workshop Leader: "Psychiatric Disability: Countering Ableism and Stigma," University of North Carolina School of Government, Chapel Hill, NC.

March 19, 2015 | Speaker and Panel Chair: "Coming 'into' Adjacency in Disability Studies," Conference on College Composition and Communication, Tampa, FL.

Oct. 10, 2014 | Speaker: "Heller's Scapegoats: Psychiatric Disability, Gun Control, and Civil Commitment in the Era of Spree Killings," University of North Carolina Law Review Symposium: Vulnerable Defendants in the Criminal Justice System.

June 2014 | Speaker: "The Genre Discovery Approach: Teaching Law Students How to Write Any Legal Document," Biennial Conference of the Legal Writing Institute, Philadelphia, PA.

April 2014 | Keynote: "Authority Lost: The DSM-5's Fall From Legal Grace." Annual Composing Disability Conference at the George Washington University, Washington, DC.

March 2014 | Speaker and Panelist: "Bipolar Rhetorics: Using Genre Theory to Reconcile Rhetoric from and Rhetoric About Psychiatric Disability," Conference on College Composition and Communication, Indianapolis, IN.

May 10, 2013 | Keynote: "Polished Writing for Paralegals," North Carolina Bar Association Paralegal Division Annual Meeting in Greensboro, NC (with Kaci Bishop).

March 2013 | Speaker and Panelist: "Making Madness Public: The Genre of Coming Out Stories of the Psychiatrically Disabled," Conference on College Composition and Communication, Las Vegas, NV.

Dec. 2012 | Speaker: "Writing Professionally is Writing Ethically," Legal Writing Institute One-Day Workshop, University of North Carolina School of Law, Chapel Hill, NC.

May 18, 2012 | Keynote: "Core Grammar for Paralegals," North Carolina Bar Association Paralegal Division Annual Meeting, Greensboro, NC.

May 2012 | Speaker and Panelist: "Reframing Sanity: Scapegoating the Mentally Ill in the Case of Jared Loughner," Rhetoric Society of America Biennial Conference, Philadelphia, PA.

Sept. 2010 | Speaker: "The Dangers of Unfair Prejudice: *Enargeia*, the Rules of Evidence, and Emotional Persuasion in the Courtroom." Persuasion and Argumentation, Colloque international organisé par le CRAL à l'EHESS (École des Hautes Études en Sciences Sociales), Paris, France. Recipient of the UNC Center for Global Initiatives International Conference Travel Grant for travel.

Oct. 2010 | UNC Center for Faculty Excellence/Lenovo Instructional Innovation Grant, co-author Dr. Leslie Frost of UNC English, \$10,000.00

May 2010 | Speaker and Panelist: "The Genre of the Mood Memoir and the Romance of Mental Illness," Rhetoric Society of America Biennial Conference, Minneapolis, MN.

Oct. 2008 | Workshop Leader: "The Art and Ethics of Persuasion," North Carolina Conference of District Attorneys, Kitty Hawk, NC (with Jordynn Jack).

Oct. 19, 2007 | Workshop Leader: "Invention and Style: Using Writing Strategies to Develop Ideas and Eloquence in Writing," UNC Institute of Government, for North Carolina Appellate Defenders (with Jordynn Jack).

March 2006 | Speaker and Panelist: "Composing the New Gender Politics: Language as a Pathway to Bodily Freedom," Conference on College Composition and Communication, Chicago, IL.

March 2005 | Speaker and Panelist: "The Ideology of Terror: Why We Will Never Win the 'War'." Popular Culture Association / American Culture Association Conference, San Diego, CA. Winner of the JOURNAL OF AMERICAN CULTURE Award for the Best Graduate Student Paper Presented at the 2005 Annual Meeting of the American Culture Association.

LITERARY PUBLICATIONS (SELECTED)

"An Autistic Girl's Guide to Horses," Essay. *Catapult*, Dec. 8, 2022.

"The Holes We Live With," Essay. *Full Grown People*, Oct. 28, 2021. Nominated for a Pushcart Prize.

"No, I Don't Want Your Advice on How My Kids or I Can Be 'Cured,'" Essay. *Catapult*, Dec. 16, 2019.

"What It Takes to Advocate for Twice-Exceptional Kids in School," Essay. *Catapult*, May 29, 2019.

"Friendship Has Always Been Hard for Me—I Hope I Can Make It Easier for My Kids," Essay. *Catapult*, March 25, 2019.

"My Son and I Don't Do Well with Chaos—and That's Okay," Essay. *Catapult*, Feb. 12, 2019.

"For Parents and Children with Psychiatric Disabilities, the Stigma Creates an Extra Fight We Don't Need," Essay. *Catapult*, Jan. 7, 2019.

"When You're a Mom with Anxiety Disorder, You Know the Monsters Are Real," Essay. *Catapult*, Nov. 26, 2018.

"Finding a World Big Enough for My Twice-Exceptional Kids," Essay. *Catapult*, Oct. 17, 2018.

- "My Disability Story Isn't For Your Catharsis," Essay. *The Establishment*, Sept. 25, 2018.
- "The World Doesn't Bend for Disabled Kids (or Disabled Parents)," Essay. *Catapult*, July 10, 2018. The most-read publication of the year for *Catapult* magazine.
- "With New Life comes a Fear of Death," Essay. *Motherwell Magazine*, May 22, 2017. Top-ten most-read publications of the year for *Motherwell* magazine for 2017.
- "Reading Romance When You Were Never a Virgin," Essay. *Full Grown People*, Dec. 6, 2016.
- "How The TSA Perpetuates Harmful Mental Health Stigmas," Essay. *The Establishment*, May 12, 2016.
- "The Consequences of Resisting a Professor's Advances," Essay. *The Toast*, March 23, 2016.
- "Why I Didn't Report Being Raped in College," Essay. *Side B Magazine*, April 27, 2015.
- "A Mother's Suicide and the Guilty Burden of Statistics," Essay. *The Toast*, April 9, 2015.
- "Being Counted: Reporting My Rape at a School Under Title IX Investigation," Essay. *The Toast*, Sept. 16, 2014.
- "Why Birds Have Wings," Story. *Bayou* 49 (2008): 100-01.
- "Mahmudiyah," Story. *Pindeldyboz*, Sept. 24, 2007. Nominated by the editors for the Million Writers Award 2008.
- "Nannies," Story. *Descant* 46 (2007): 98-9.
- "Summer Storm," Poem. *Borderlands: Texas Poetry Review* 28 (2007): 49.
- "Guantanamo," Story. *Ecotone* 2.2 (2007): 144.
- "The Sting," Story. *The News and Observer* (Raleigh, NC). D2. April 8, 2007.
- "Curtains," Story. *Flashquake* 6.1 (2006). Editor's Pick.
- Letter to the Editor. *The Believer Magazine* 3.1 (2005): 2.
- "Where Have They Gone," Poem. *Illya's Honey* 10.3 (2004): 34.
- "Leolyn's Diary," Poem. *Evansville Review* 14 (2004): 67.
- "Leaves," Poem. *Borderlands: Texas Poetry Review* 21 (2003): 34-5.
- "Mountain Lion," Poem. *Wildacres Poetry* (2003): 43.

"Moment," Poem. *Ellipsis* 39 (2003): 5.

"Echo," Poem. *California Quarterly* 29.2 (2003): 14.

"It Is Time," Poem. *Connecticut River Review* 23.1 (2003): 52.

"Jezebel," Poem. *The Chaffin Journal* (2002): 25-6.

"Little Girl," Poem. *Brownstone Review* 9 (2000): 50.

"She Says Suffering" and "Ceres and the Serpent," Poems. *Sarasota Review* (2000): 45-8.

"Bathsheba" and "Heart Beat," Poems. *Sarasota Review* (1999): 74-6.