



Alex Cowand

she/they

Outreach and Advocacy Coordinator



Alex will be a fourth-year student in the Clinical Psychology PhD program at the University of Louisville. She earned her BA in Mathematics and minored in Neuroscience at UNC-Chapel Hill. Their research and clinical interests include the impact of discrimination at multiple levels on mental health and well-being among historically-excluded populations (e.g., LGBTQ+ folks, BIPOC) as well as community and interpersonal strengths which can foster well-being. The second fold of their research includes better understanding the mechanisms of discrimination and harmful beliefs in order to find targets for intervention. Alex is a member of the American Psychological Association and the Kentucky Psychological Association. In their free time, Alex enjoys going to concerts with friends, cuddling with her cat (Scully), doing embroidery, reading, thrifting, and drinking lots of coffee.

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