



Justine Reel

Dr. Justine Reel is an Associate Dean of Research and Innovation and Professor within the College of Health and Human Services at University of North Carolina Wilmington. Prior to this position she served on the faculty at University of Utah, West Chester University, Temple University, and Salem College.

She is a Licensed Professional Counselor in the states of North Carolina and Utah. Since 2009, as a certified sport psychology consultant (CC-AASP), she has worked with athletes from diverse sports in Olympic, college, high school, and youth sports. Her research and clinical specialty areas include body image and eating disorders among athletes and exercise addiction among clinical populations and within the general population. She has developed, validated, and published measures to assess weight pressures in sport for female and male athletes as well as an intuitive exercise scale.

Dr. Reel has treated athletes as a mental health provider, sport psychology consultant, and exercise specialist across all levels of care including inpatient, residential, partial hospitalization, intensive outpatient, and outpatient settings. She led the development and implementation of an exercise education program to address dysfunctional exercise patterns within eating disorder patients. Dr. Reel has published the following books: *Hidden Faces of Eating Disorders and Body Image*, *Eating Disorders: An Encyclopedia of Causes, Treatment, and Prevention*, *Working Out: The Psychology of Sport and Exercise*, and *The Female Athlete Triad* along with over 100 manuscripts and book chapters. She currently serves on the editorial board for several journals and was the founding board member and Vice President for the Utah Chapter of International Association for Eating Disorders Professionals (IAEDP) as well as the Professional Standards Division Head for the Association for Applied Sport Psychology (AASP). She received her doctorate at the University of North Carolina at Greensboro.

