

Rae A. Littlewood, PhD

Licensed Psychologist

NM License No. 1167

Contact Information

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Education

2006-2009 **Syracuse University**, Department of Psychology
Doctor of Philosophy in Clinical Psychology
2002-2005 **Syracuse University**, Department of Psychology
Master of Science in Clinical Psychology
1999 **University of Colorado**, Boulder
Bachelor of Arts in Psychology

Clinical & Research Positions

5/11-present **Clinical Psychologist**
Behavior Therapy Associates, Albuquerque, NM
Conduct assessments and provide psychotherapy for adolescents, adults, couples, and families. My therapeutic orientation is cognitive-behavioral and I incorporate other evidence-based techniques as needed, such as motivational interviewing, relapse prevention, community-reinforcement approach (CRA and CRA-Family Training), mindfulness-based stress reduction, and behavioral family therapy. Areas of expertise include substance use disorders and management of health problems.

9/11-present **Program Manager/Research Scientist**
Mind Research Network, Albuquerque, NM
Oversee all aspects of NIH-funded research in the area of substance dependence treatment, including design and development of program operating goals and protocols, data management and statistical analysis, and manuscript preparation. Direct and implement psychosocial interventions for alcohol dependence and smoking cessation in tandem with pharmaceutical intervention. Supervise research and clinical staff and serve as the primary liaison with respect to program implantation and operation matters.

9/09-9/11 **Post-Doctoral Fellow**
Mind Research Network, Albuquerque, NM
Clinical coordinator and therapist for substance dependence treatment outcome research studies. Interventions for alcohol dependence and smoking cessation include assessment,

motivational interviewing, medication management, and cognitive behavioral therapy. Provide clinical training and supervision for assessments and interventions conducted by master's level therapists.

7/08-7/09

Intern

Southwest Consortium Pre-Doctoral Psychology Internship,

Albuquerque VA Hospital and University of New Mexico Health Science Center

Completed training rotations in behavioral medicine, outpatient PTSD treatment, and family therapy. Conducted diagnostic assessments and performed empirically-supported interventions, including cognitive behavioral therapy, acceptance and commitment therapy, and dialectic behavior therapy with individuals and groups. Couples work was informed by systems theory and included structural and behavioral family interventions. Training strongly emphasized cultural awareness and safety across settings and populations.

2006-2008

Research Assistant

Center for Health and Behavior, Syracuse University

Project Title: *A Multi-Level HIV Prevention Strategy for High-Risk Youth: Project iMPPACs.* Principal Investigator: Peter A Vanable, Ph.D. Funded by NIMH (U01 Grant).

2003-2008

Therapist

Psychological Service Center, Syracuse University

Performed assessment, case-conceptualization, and outpatient psychotherapy for individuals and couples; Therapeutic interventions included cognitive behavioral, dialectic behavioral, interpersonal, psychodynamic, and motivational interviewing.

2005

Behavioral Health Consultant

Clinical Health Psychology Practicum, Student Health Center, Syracuse University

Provided assessment and brief interventions for patients in a primary care setting; consulted with primary care physicians regarding diagnosis and treatment plan.

2005

DBT Consultation Team Member

SUNY Upstate Medical University, Department of Psychiatry

Attended weekly case consultation meetings focusing on case-conceptualization and treatment implementation using the dialectical behavioral therapy (DBT) model.

2003-2004

Qualitative Interviewer

Upstate Partnership for Health, Syracuse University

Conducted semi-structured qualitative interviews with HIV+ men about their experiences living with HIV to inform the development of a sexual risk reduction and healthy living program.

2003-2004

Research Assistant

Upstate Partnership for Health, Syracuse University and SUNY Upstate Medical University

Project Title: *Reducing Risk Behavior among HIV+ Men.* Principal Investigator, Peter Vanable, Ph.D. Funded by National Institute of Mental Health (R21 Grant).

- 2003 **Intervention Therapist**
Department of Psychology, Syracuse University
Conducted diagnostic interviews and implemented a manualized cognitive-behavioral intervention for clients over the age of 60 who met DSM-IV criteria for generalized anxiety disorder.
- 2003 **Diagnostic Evaluator**
Department of Psychology, Syracuse University
Conducted structured clinical interviews (SCID-Research Version) and administered psychological assessments to patients with a first time hearing-loss diagnosis.
- 2000-2002 **Project Coordinator**
Colorado Alcohol and Smoking Lab, University of Colorado, Boulder.
Project Title: *Psychophysiological and Behavioral Effects of Nicotine.* Principal Investigator, Kent E. Hutchison, Ph.D. Funded by National Cancer Institute.

Specialized Clinical Training

The Treatment of Trauma: Cognitive Behavioral Approaches. Syracuse, NY. (7 hours) Presented by Edna Foa, Ph.D. at SUNY Upstate Medical University, Department of Psychiatry. March 25th, 2004.

The Dialectic Behavior Therapy (DBT) Skills: For Borderline Personality Disorder and Beyond Workshop. Syracuse, NY. (7 hours) Presented by Anna Remen, Ph.D. at SUNY Upstate Medical University, Department of Psychiatry. August 12th, 2004.

The A, B, Z's of DBT: Dialectic Behavior Therapy Basics and Beyond. New Orleans, LA. (7 hours) One-day training presented by Marsha Linehan, Ph.D. and Kathryn Korslund, Ph.D. at the annual AABT meeting. November 18th, 2004.

Individual Psychotherapy in Dialectic Behavior Therapy. Boston/Westborough, MA. (16 hours) Two-day intensive workshop presented by Charles Swenson, M.D. May 12-13, 2005.

Acceptance and Commitment Therapy: General Principles and Applications to Severe, Multi-Problem Clients. Syracuse, NY. (7 hours) One-day training presented by Kelly Wilson, Ph.D. for Central New York Psychological Association. April 7th, 2006.

Cognitive Therapy of Personality Disorders. Syracuse, NY. (7 hours). One-day training presented by Judith Beck, Ph.D. at SUNY Upstate Medical University, Department of Psychiatry. April 21st, 2006.

Dynamic Psychotherapy of Obsessive-Compulsive and Histrionic Personality Disorders. Syracuse, NY. (3 hours). Training presented by Glen Gabbard, M.D. at SUNY Upstate Medical University, Department of Psychiatry. November 2nd, 2007.

Publications

Littlewood, R. A. & Vanable, P. A. (2011). A global perspective on complementary and alternative medicine use among people living with HIV/AIDS in the era of HAART. *Current HIV/AIDS Reports*, 8(4), 257-268.

Vanable, P. A., Carey, M. P., Brown, J. L., **Littlewood, R. A.**, Bostwick, R. (in press). What HIV+ MSM Want from Sexual Risk Reduction Interventions: Findings from a Qualitative Study, *AIDS & Behavior*.

Littlewood, R. A. & Vanable, P. A. (2008). Complementary and alternative medicine use among HIV+ people: research synthesis and implications for HIV care. *AIDS Care*, 20(8), 1002-1018.

Littlewood, R. A., Vanable, P. A., Carey, M. P., Blair, D. C. (2008). The association of benefit finding to psychosocial and health behavior adaptation among HIV+ men and women. *Journal for Behavioral Medicine*, 31, 145-155.

Vanable, P. A., Carey, M. P., Blair, D. C., & **Littlewood, R. A.** (2006). Impact of HIV-related stigma on health behaviors and psychological adjustment among HIV-positive men and women. *AIDS & Behavior*, 10(5), 473-482.

Presentations

Littlewood, R. A., Vanable, P. A. (2012, April). *CAM Use is Associated with Lower Rates of Intentional Nonadherence to ART Among HIV+ Clinic Patients*. Poster accepted for presentation at the Society of Behavioral Medicine's 33rd Annual Meeting, New Orleans, Louisiana.

Brown, J. L., **Littlewood, R. A.**, Vanable, P. A. (2012, April). Social-Cognitive Correlates of Antiretroviral Therapy Adherence among HIV+ Individuals. Poster accepted for presentation at the Society of Behavioral Medicine's 33rd Annual Meeting, New Orleans, Louisiana.

Littlewood, R. A., Vanable, P. A., Brown, J. L., Hammonds, L. (2009, April). *Explaining CAM Use in HIV+ Patients: The Role of Illness Experiences and Treatment Representations*. Poster presented at the Society of Behavioral Medicine's 30th Annual Meeting, Montreal, Canada.

Littlewood, R. A., Brown, J. L., Vanable, P. A., Carey, M. P., & Bostwick, R. (2008, March). *Assessment of Benefit Finding among HIV+ People: Psychometric Properties and Test-Retest Reliability of a Measure Adapted from the Cancer Literature*. Poster presented at the Society of Behavioral Medicine's 29th Annual Meeting, San Diego, CA.

Littlewood, R. A., Vanable, P. A. (2007, March). *Complementary and Alternative Medicine Use Among Persons Living with HIV: A Systematic Review and Call for Theory-Based Research*. Paper presented at the Society of Behavioral Medicine's 28th Annual Meeting, Washington, DC.

Vanable, P. A., Carey, M. P., Bostwick, R. A., Brown, J. L., & **Littlewood, R. A.** (2006, November). *Development of a Tailored Intervention to Promote Sexual Health Among HIV+ MSM*. Symposia presented at the 40th Annual Meeting of the Association for Behavioral and Cognitive Therapy, Chicago, Illinois.

Brown, J. L., Vanable, P. A., Carey, M. P., **Littlewood, R. A.**, & Blair, D. C. (2006, March). *Unprotected Sex in Seroconcordant Relationships Among HIV+ MSM*. Poster presented at the Society of Behavioral Medicine 27th Annual Meeting, San Francisco, California.

Vanable, P. A., Carey, M. P., **Littlewood, R. A.**, Brown, J. L., & Blair, D. C. (2006, March). *What HIV+ Men Who Have Sex with Men Say is Needed to Promote Sexual Risk Reduction*. Poster presented at the Society of Behavioral Medicine 27th Annual Meeting, San Francisco, California.

Littlewood, R. A., Vanable, P. A., Carey, M. P., & Blair, D. C. (2005, April). *Impact of Benefit Finding on Psychological Adjustment and Health Behavior Adaptation Among HIV+ Women*. Poster presented at the Society of Behavioral Medicine's 26th Annual Meeting, Boston, MA.

Littlewood, R. A., Hutchison, K. E., & McGeary, J. (2004, November). *Effect of Controllability on Physiological and Subjective Responses to Laboratory Stress*. Poster presented at the 38th Annual Meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.

Vanable, P. A., Carey, M. P., Blair, D. C., & **Littlewood, R. A.** (2004, March). *Impact of HIV-related Stigma on Health Behaviors and Psychological Adjustment Among HIV+ Men and Women*. Paper presented at the Society of Behavioral Medicine's 25th Annual Meeting in Baltimore, Maryland.

LaChance, H., Bryan, A., **Hicks, R.**, & Hutchison, K. E. (2002, November). *Moderators of Motivational Enhancement Therapy with Smokers*. Poster presented at the Association for Advancement of Behavior Therapy's 36th Annual Meeting in Reno, NV.

Teaching Positions

- 2002-2003 **Graduate Teaching Assistant**
Department of Psychology, Syracuse University
Course Title: *Foundations of Human Behavior*
- 2005 **Graduate Teaching Assistant**
Department of Psychology, Syracuse University
Course Title: *Adult Clinical Assessment (Graduate Level)*
- 2006 **Course Instructor**
Department of Psychology, Syracuse University
Course Title: *Abnormal Psychology*
- 2007-2008 **Future Professoriate Program (FPP) Teaching Associateship**
Department of Psychology, Syracuse University

Academic Honors and Awards

- 2007 American Psychological Association Division 38 Student Research Award
- 2006 Syracuse University Teaching Fellowship
- 1999 Graduated Magna cum Laude in Psychology, University of Colorado
- 1999 Summer Undergraduate Research Fellowship
- 1999 Undergraduate Research Opportunities Grant

Professional Memberships

American Psychological Association
Society for Behavioral Medicine
New Mexico Psychological Association

Other Professional Activities

Adjunct Reviewer: AIDS Care, AIDS and Behavior, Journal for Women's Health, Women & Health, SAHARA