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Licensed Clinical Psychologist – New Mexico license #1475

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EDUCATION AND TRAINING

- 2016 – **New Mexico Veterans Affairs Health Care System,**
2017 **Albuquerque, New Mexico**
➤ APA-Accredited Postdoctoral Fellowship
- 2016 **Idaho State University, Pocatello, Idaho**
➤ APA-Accredited Clinical Psychology Training Program
➤ Ph.D. in Clinical Psychology
- 2015 – **University of Central Florida Counseling and Psychological Services,**
2016 **Orlando, Florida**
➤ APA-Accredited Doctoral Internship
- 2014 **Idaho State University, Pocatello, Idaho**
➤ M.S. in Psychology
- 2008 **Washington State University, Pullman, Washington**
➤ B.S. in Psychology

CLINICAL EXPERIENCE

- 2017 – **Licensed Clinical Psychologist**
present Behavior Therapy Associates, LLP, Albuquerque, New Mexico
➤ Clinical population: Adults and adolescents in community
- 2016 – **Postdoctoral Fellow**
2017 New Mexico Veterans Affairs Health Care System, Albuquerque, New Mexico
➤ Clinical population: US military veterans
- Primary clinical duties:
➤ Provided Integrative Behavioral Couples Therapy (IBCT) to veterans and their partners with mood/anxiety/substance use disorders
➤ Provided Cognitive Processing Therapy (CPT) to individuals with PTSD
➤ Conducted comprehensive assessments and developed treatment plans
➤ Facilitated anger management Cognitive Behavioral Therapy (CBT) group
➤ Provided weekly consultation to interdisciplinary treatment teams

- 2015 –
2016 **Psychology Intern**
University of Central Florida Counseling and Psychological Services,
Orlando, Florida
- Clinical population: College students
- Primary clinical duties:
- Provided short-term (4-6 sessions) integrative individual therapy
 - Led or co-led 7 different therapy groups (8-10 sessions each) – intimacy, family, acceptance and commitment therapy (ACT), interpersonal process, CBT for social anxiety, mindfulness
 - Provided crisis/on-call coverage (monthly 5-hour shifts)
 - Provided bi-weekly consultation to interdisciplinary treatment teams
 - Conducted assessment of personality, clinical diagnosis, and career path
 - Provided outreach to educate about mental health, reduce stigma, orient students to mental health resources, and promote student leadership
- 2014 **Community-Based Rehabilitation Specialist**
ALLIES Family Services, Pocatello, Idaho
- Clinical population: Children/adolescents in community
- Primary clinical duties:
- Provided psychosocial rehabilitation in home and community
 - Implemented behavior modification principles
 - Conducted psychoeducational assessment and developed treatment plans
- 2012 –
2014 **Practicum Student**
Idaho State University Counseling and Testing Services, Pocatello, Idaho
- Clinical population: College students
- Primary clinical duties:
- Provided short- and long-term integrative individual therapy
 - Co-led 4 different therapy groups (8-10 sessions each) – dialectical behavior therapy (Linehan’s 4 modules), interpersonal process
 - Provided process observation to one interpersonal process group
 - Provided outreach on suicide prevention and stress management
- 2012 –
2013 **Practicum Extern**
Idaho Department of Health and Welfare, Region VI, Pocatello, Idaho
- Clinical populations: Adolescents and adults in mental health court
- Primary clinical duties:
- Conducted neuropsychological and forensic assessments and developed treatment plans
 - Provided CBT and MI for comorbid mental health and legal issues
 - Implemented competency restoration to prepare offenders for trial
 - Provided consultation to other providers about psychological assessment

- 2010 – **Practicum Student**
2013 Idaho State University Psychology Clinic, Pocatello, Idaho
- Clinical populations: College students, adults in community
- Primary clinical duties:
- Provided CBT for anxiety, depression, panic, substance use, and OCD
 - Provided IBCT co-therapy to couples
 - Conducted psychoeducational and neuropsychological assessments
 - Conducted evaluations for individuals seeking public safety employment
- 2011 – **Clinical Research Assistant**
2012 Idaho State University Institute of Rural Health, Pocatello, Idaho
- Clinical population: Couples in community with diabetes
- Primary clinical duties:
- Conducted assessment of relationship satisfaction and diabetes self-care
 - Reviewed videos and coded interactive behaviors between partners
 - Led 3 episodes of CBT for couples group therapy (5 sessions each) designed to improve couples' cohesiveness and diabetes management
 - Managed data set and assisted in manuscript preparation
- 2011 **Practicum Student**
Eastern Idaho Regional Medical Center, Idaho Falls, Idaho
- Clinical populations: Adolescents on inpatient unit, adults receiving medical care
- Primary clinical duties:
- Conducted personality and psychoeducational assessments
 - Assisted in conducting bariatric evaluations
 - Provided interdisciplinary treatment consultation to nursing and psychiatry
- 2011 **Practicum Student**
Seasons of Hope (Private Practice), Pocatello, Idaho
- Clinical populations: Children, adolescents, and adults in community
- Primary clinical duties:
- Provided CBT for individuals
 - Provided traditional behavioral couples therapy (TBCT) to couples
 - Conducted neuropsychological, personality, and psychoeducational assessments and developed treatment plans
 - Provided interdisciplinary consultation to occupational and speech therapists

ADMINISTRATIVE AND LEADERSHIP EXPERIENCE

2016 – **Postdoctoral Fellow**
2017 New Mexico Veterans Affairs Health Care System, Albuquerque, New Mexico

Program Development and Evaluation

- Triage couples/family consults (i.e., process incoming referrals), and coordinate scheduling between veterans, providers, and support staff
- Call veterans to provide brief telehealth psychoeducation about couples/family intake process, to improve attendance and patient care; this project reduced the intake no-show rate by 50%
- Provided consultation for an intensive 3-day workshop at a rural VA clinic; primary duties included facilitating team-building activities, providing didactic training on effective communication and civility in the workplace, and mapping out future directions for clinic

Individual and group supervision

- Supervise one intern on couples/family rotation
- Conduct co-therapy for couples with supervisee
- Provide intermittent group supervision to several interns on couples/family rotation
- Provide and seek consultation in weekly sup of sup meetings

2015 – **Psychology Intern**
2016 University of Central Florida Counseling and Psychological Services, Orlando, Florida

Program Development and Evaluation

- Assisted in development of the B.L.A.C.K. (Building Leaders and Connecting Knights) Institute
- Created B.L.A.C.K. Institute outcome measures and analyzed pre-post data
- Developed a group therapy evaluation measure based on Yalom's therapeutic factors
- Implemented a system-wide evaluation of the effectiveness of counseling center's different therapy groups

Individual supervision

- Supervised one practicum student providing individual therapy to college students (reviewed videos and held weekly 1-on-1 discussion)
- Provided and sought consultation in weekly sup of sup meetings

RESEARCH EXPERIENCE

2017 –
present

Research Consultant

CheckUp & Choices, LLC, Albuquerque, New Mexico

- Research focus: Online alcohol use screening and feedback
- Clinical populations: Adults in college and community

2009 –
2016

Graduate Student

Department of Psychology, Idaho State University, Pocatello, Idaho

- Research focus: Delay discounting, a behavioral measure of impulsivity
- Experimental analysis of behavior in adults in college and community

Research questions:

- Do behavioral and self-report measures of impulsivity correspond?
- How well do commodity-specific (and general) discounting tasks predict outcomes associated with impulsive behavior?
- Does responding on discounting tasks differ when using hypothetical vs. real (or potentially real) outcomes?
- How to prevent nonsystematic responding on discounting tasks?
- Are discounting tasks that employ both gain- and loss-framed outcomes more accurate than standard (i.e., gain-framed) tasks?

Primary laboratory duties:

- Led research teams of undergraduate and graduate students
- Designed studies with MediaLab software
- Analyzed data with Excel, SPSS, and GraphPad Prism
- Wrote manuscripts for 2 peer-reviewed journal articles

Master's thesis title: *Commodity-specific and priming effects on discounting for sexual and monetary rewards*

Doctoral dissertation title: *Sexual discounting for concurrent delayed reward and probabilistic risk*

2011 –
2012

Graduate Research Assistant

Institute of Rural Health, Idaho State University, Pocatello, Idaho

- Topic: Relationship satisfaction in couples with diabetes
- Clinical research and group therapy for adults in community

Research questions:

- In what ways does one partner's diabetes self-care (or lack thereof) impact the well-being of their partner and the relationship?
- How to promote healthy behaviors in individuals while also improving quality of interaction between the couple?
- How do group dynamics reinforce healthy behaviors in couples?

Primary laboratory duties:

- Conducted assessment of relationship satisfaction and diabetes self-care
- Reviewed videos and coded interactive behaviors between partners
- Led or co-led 3 episodes of CBT group therapy (5 sessions each) designed to improve couples' cohesiveness and diabetes management

PROFESSIONAL AFFILIATIONS

New Mexico Psychological Association (NMPA)
Association for Contextual and Behavioral Sciences (ACBS)

PROFESSIONAL CERTIFICATES

Cognitive Processing Therapy – Certified Provider