

Ariana J. Rivens
PhD Candidate in Clinical Psychology
University of Virginia Department of Psychology
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RESEARCH & CLINICAL INTERESTS

My mixed-method research and clinical interests center on the following: factors that influence mental health service utilization among Black and other marginalized emerging adults, pathways to care, and culturally responsive practices.

EDUCATION

Ph.D., Clinical Psychology	Expected 2024
University of Virginia, Charlottesville, VA (UVA)	
Advisor: Noelle Hurd, MPH, Ph.D.	
Dissertation: <i>Assessing and utilizing campus mental health services: A mixed-method investigation of Black college students' perceptions and experiences</i>	
Clinical Internship: University of Pennsylvania Perelman School of Medicine (Penn)	
M.A., Clinical Psychology	2020
University of Virginia, Charlottesville, VA (UVA)	
Advisor: Noelle Hurd, MPH, Ph.D.	
Master's Thesis: <i>"She's not gonna judge you for what you're saying": Understanding factors associated with disclosure between Black youth and non-parental familial adults</i>	
B.A., Psychology with Distinction	2018
University of North Carolina at Chapel Hill, Chapel Hill, NC (UNC)	

HONORS & AWARDS

National

Association for Psychological Science Emerging Scholar Research Award (\$300)	2023
National Academies of Sciences, Engineering, & Medicine Ford Foundation 2022	2022
Dissertation Fellowship Competition, <i>Honorable Mention</i>	
American Psychological Association of Graduate Students Psychological Science Research Diversity Grant (\$1,000)	2022
American Psychological Association CEMRRAT2 Research Grants for for Psychology Students and Recently Graduated Psychologists of Color (\$750)	2021
American Psychological Foundation/Council of Graduate Departments of Psychology Graduate Student Research Scholarship (\$2,000)	2021
Society for the Psychological Study of Social Issues Grants-in-Aid Award (\$1,000)	2021
National Academies of Sciences, Engineering, & Medicine Ford Foundation 2021	2021
Predoctoral Fellowship Competition, <i>Honorable Mention</i>	
Society of Research in Child Development Black Caucus Emerging Black Child	2021

Development Scholars Program, <i>Graduate Mentor</i>	
American Psychological Association Graduate Student Virtual Convention Grant (\$125)	2020
<u>Regional</u>	
Southern Regional Education Board Dissertation Institutional Award (\$500)	2022
<u>Institutional</u>	
UVA Psychology Graduate Student Excellence in Diversity, Inclusion, and Equity Award (\$500)	2022
UVA Arts & Sciences Diversity, Equity, and Inclusion Grant 2022-2023 (\$5,374)	2022
The Raven Society (UVA) Scholarship 2021 (\$2,000)	2021
The Raven Society (UVA), <i>Inducted Member</i>	2020
UVA OGPA Diversity Programs Professional Development Award (\$1,000)	2020
UVA Graduate School Arts & Sciences Research and Professional Development Award (\$5,000)	2018
UNC LGBTQ Center LGBTIQQA Student Advocacy Award	2018
UNC Carolina Center for Public Service Buckley Arts in Public Service Fellow	2018
UNC Ronald E. McNair Postbaccalaureate Achievement Program	2016-2018
UNC Psi Chi, <i>Inducted Member</i>	2016
Carolina Housing Leadership and Achievement HEELprint Award	2015-2018
UNC Dean's List Honoree	2015-2018
UNC Light on the Hill Society Scholar (\$2,500)	2014

PUBLICATIONS

- Leath, S., Scott, E. D., **Rivens, A.**, Jones, M. K., & Koroma, N. (2022). "We need to see action": An institutional case study of the Summer of Hate and Black student resistance. *Journal of Diversity in Higher Education*. Advance online publication. <https://doi.org/10.1037/dhe0000458>
- Costello, M. A., Nagel, A. G., Hunt, G. L., **Rivens, A. J.**, Hazelwood, O. A., Pettit, C., & Allen, J. P. (2022). Facilitating connection to enhance college student well-being: Evaluation of an experiential group program. *American Journal of Community Psychology*, 70, 314-326. <https://doi.org/10.1002/ajcp.12601>
- Billingsley, J.T., **Rivens, A.J.**, Charity-Parker, B.M., Chang, S., Li, T., Garrett, S., Garcia, P., & Hurd, N.M. (2021). Familial mentor support and Black youths' connectedness to parents across adolescence. *Youth & Society*. <https://doi.org/10.1177/0044118X211058215>
- Rivens, A.J.**, Billingsley, J.T., & Hurd, N.M. (2021). Understanding factors associated with intimate disclosure between Black youth and non-parental familial adults. *Journal of Research in Adolescence*. 1-18. <https://doi.org/10.1111/jora.12682>
- Billingsley, J.T., **Rivens, A.J.**, Charity-Parker, B.M., Negrete, A., & Hurd, N.M. (2021). Supportive Relationships Among Youth and Non-parental Adult relatives. *Encyclopedia of Child and Adolescent Health*. <https://doi.org/10.1016/B978-0-12-818872-9.00063-7>
- Billingsley, J.T., **Rivens, A.J.** & Hurd, N.M. (2021). Family closeness and mentor formation among Black youth. *Journal of Child and Family Studies*. 30, 793-807. <https://doi.org/10.1007/s10826-020-01895-y>

Billingsley, J. T., **Rivens, A. J.**, & Hurd, N. M. (2020). Familial interdependence, socioeconomic disadvantage, and the formation of familial mentoring relationships within Black families. *Journal of Adolescent Research*. 1-30.
<https://doi.org/10.1177/0743558420979127>

MANUSCRIPTS IN PREPARATION

Billingsley, J.T., **Rivens, A.J.**, & Hurd, N.M. (invited resubmission). *Black Adolescents' Disclosure and Advice-seeking: Making Choices Between Parents and Familial Mentors*.
Rivens, A.J., Leath, S. Billingsley, J.T., & Panton, J. (in preparation). Characterizing mental health conversations in childhood: A retrospective study [Manuscript in preparation].

SELECTED ORAL PRESENTATIONS *denotes advisee

Costello, M.A., Brehm, M., **Rivens, A.**, Nagel, A., & Allen, J.P. (under review). *Support-Seeking Topics, Self-Disclosure, and Emotional Support from Best Friends in Adolescence: Emergent Themes and Associations*. Abstract submitted to the Society for Research on Adolescence.

Costello, M.A., Pettit, C., Hunt, G., Nagel, A., **Rivens, A.**, Hazelwood, O.A., & Allen, J.P. (2023, April). *Sharing and Caring: Development of Self-Disclosure Between Teens and Best Friends Across Adolescence*. Society for Research on Adolescence.

Billingsley, J.T., **Rivens, A.J.**, & Hurd, N.M. (2023, March). *Black Adolescents' Disclosure and Advice-seeking: Making Choices Between Parents and Familial Mentors*. [Paper symposium]. In J.T. Billingsley (Chair), *Examining Youth Mentorship Across Diverse Contexts*. Society for Research in Child Development 2023 Biennial Meeting.

Onuoha, A., Stanton, A., **Rivens, A.**, & Leath, S. (2022, February). Community Care & Critical Action: Black Feminist Methodologies in Education & Psychology Research. [Roundtable]. Teachers College 39th Annual Winter Roundtable: Collective Action & Liberatory Practices in Psychology and Education.

Rivens, A.J., Clement, D.N., Yu, S.H., & Burke, S. (2021, August). Improving Equity for Marginalized Students in Clinical Psychology through an Open-Access Resource [Oral presentation]. In *Dismantling Systemic Shortcomings in Education and Clinical Training (DiSSECT): A Student-Led Initiative Toward Anti-Racist Graduate Training and Assessment Resources*. [Symposium]. American Psychological Association Virtual Convention 2021. *Note: All authors contributed equally to this presentation.*

Panton, J*, **Rivens, A.**, Freire, D., & Hurd, N. (2021, July). *Discrimination, Mental Health, and Support Seeking Support, Among College Students: An Exploratory Study*. [Oral presentation]. Virtual Leadership Alliance National Symposium.

Costello, M.A., **Rivens, A.J.**, Nagel, A.G., Hunt, G.L., & Allen, J.P. (2021, June). *"We Don't Always Talk About It: Evaluation of a Novel Group-Building Intervention for Young Adults*. [Oral presentation]. Society for Community Action and Research Action 2021 Biennial Virtual Conference.

Rivens, A.J., Billingsley, J.T., & Hurd, N.M. (2021, April). *Understanding Facilitators of Disclosure Among Black Youth and Non-Parental Familial Adults*. [Flash talk presentation]. In F. Varner (Moderator), *Examining Family Processes across Culturally Diverse Families: A Focus on Family Functioning within Black, Latinx, and Chinese*

Families. Society for Research in Child Development Virtual Biennial Meeting.
<https://tinyurl.com/yxshj8m6>

Billingsley, J.T., **Rivens, A.J.**, & Hurd, N.M. (2020, March). Parental influences and close family networks: A mixed-method analysis of natural mentoring relationships among Black youth. In V. Mauer (Chair), *How did we get here? Examining processes and influences in youth mentoring relationships*. [Symposium]. Society for Research on Adolescence Biennial Meeting in San Diego, CA. <http://tinyurl.com/r8tlpfb>

SELECTED POSTER PRESENTATIONS *denotes advisee

Rivens, A.J., Jamison, L., & Hurd, N. M. (2023, May). *Factors that Influence Black College Students' Perceptions and Experiences with Campus Mental Health Services: A mixed-method investigation* [Poster presentation]. Association for Psychological Science Annual Convention 2023.

Nagel, A.G., Hazelwood, O.A., Costello, M.A., Hunt, G., Pettit, C., **Rivens, A.**, & Allen, J.P. (2023, April). *"How Connected Do You Feel to Your Group?": An Incremental Improvement Approach to a Group-Based Social-Belongingness Intervention for College Students*. Poster to be presented at the Society for Research on Adolescence.

Rivens, A.J., Leath, S., Billingsley, J.T., & Panton, J. (2022, March). *Characterizing Familial Mental Health Conversations in Childhood: A Retrospective Study* [Poster presentation]. Society for Research in Adolescence 2022 Annual Meeting.

Chang, S.*, Billingsley, J.T., **Rivens, A.J.**, & Hurd, N.M. (2021, April) *Discrimination, Campus Racial Climate, and Sense of Belonging Among Black College Students*. [Poster presentation]. L. Starling Reid Undergraduate Research Conference.

Rivens, A.J., Costello, M., Shaffer, E.*., Szewo, D., & Allen, J. (2021, April). *Adolescent Romantic Difficulties and Emerging Adulthood Risk Behaviors: The Moderating Role of Peer Relationships*. [Poster presentation]. Society for Research in Child Development Virtual Biennial Meeting. <https://tinyurl.com/SRCD21>

INVITED DEPARTMENT, MEDIA & COMMUNITY PRESENTATIONS

- Rivens, A.J.***, Clement, D.N., Yu, S.H., Nachabe, J. & Burke, S. (2023, April). *Marginalized Graduate Student Survival Kit*. [Colloquium Talk]. Central Michigan University Department of Psychology.
- Rivens, A.J.**, (2023, March). *Characterizing Mental Health Conversations in Childhood: A Retrospective Study* [Works-in-progress presentation]. UVA Youth-Nex Works in Progress Meeting.
- Rivens, A.J.**, Billingsley, J.T., & Hurd, N.M. (2023, February). *Understanding Facilitators of Disclosure Among Black Youth and Non-Parental Familial Adults*. University of Virginia Recruitment Day Symposium.
- Nagel, A., & **Rivens, A.J.**, & Hazelwood, O. (2022, August). *Small Talk with Big Impact: Building Healthy Relationships*. [Oral presentation]. UVA Housing and Residence Life.
- Nagel, A., & **Rivens, A.J.** (2022, June). *Connecting Through Challenge: Navigating Difficult Conversations as a Leader*. [Oral presentation]. Meriwether Lewis Institute for Citizen Leadership.
- Nagel, A., & **Rivens, A.J.** (2021, June). *Connecting Through Challenge: Navigating Difficult Conversations as a Leader*. [Oral presentation]. Meriwether Lewis Institute for Citizen Leadership.
- Rivens, A.J.**(, Clement, D.N., Yu, S.H., & Burke, S. Marsh, C., & Merchant, J. (2021, April). *Marginalized Graduate Student Survival Kit*. [Webinar]. Association for Psychological Science. Student and Early Career Webinar Series.
- Costello, M.A. & **Rivens, A.J.** (2021, April). *A Call to Action for Racial Justice in Research*. Moderator for Interdisciplinary Panel of UVA Professors at the Diversifying Scholarship Research Conference. University of Virginia, Charlottesville, VA.

MEDIA COVERAGE

- Association for Psychological Science. (2023, May 15). *APS Announces Winners of 2023 Student Poster Awards*, Available at <https://www.psychologicalscience.org/news/2023-may-student-poster-awards.html>
- UVA Department of Psychology, (2023, Spring). *Diversity and Inclusion Spotlight*. UVA Department of Psychology. Available at <https://psychology.as.virginia.edu/diversity-and-inclusion-spotlights>
- Rivens, A. (2021, October 6). *#MustReadMonday: Understanding factors associated with intimate disclosure between Black Youth and non-parental familial adults*. Society of Research of Adolescence. Available at: <https://tinyurl.com/ewkbfzkh>
- Association for Psychological Science. (2021, June 28). *Video: For marginalized grad students, a guide to the "Hidden Curriculum"*. Association for Psychological Science.

Available at <https://www.psychologicalscience.org/observer/grad-hidden-curriculum#.YILV2k8xbRI.twitter>

RESEARCH EXPERIENCE

- Fostering Healthy Identities and Resilience Lab,** Charlottesville, VA *Role: Graduate Research Assistant* 2020-Present
University of Virginia Department of Psychology
Principal Investigator: Seanna Leath, PhD
Focus: The holistic development of Black girls and women in the context of families, schools, and communities; the experiences of Black college students in higher education
Projects: Black Students' Responses to Aug 11th and 12th ; Mental Health Conversations
- Youth Action Lab,** Charlottesville, VA *Role: Graduate Research Assistant* 2020
University of Virginia Youth-Nex and Equity Center,
Principal Investigator: Kimalee Dickerson, PhD
Focus: Training and supporting youth, particularly those from historically marginalized communities, in using youth participatory action research to improve their lives and communities.
Projects: Charlottesville Freedom School, Charlottesville Community Attention Youth Partnership
- Virginia Adolescent Research Group,** Charlottesville, VA *Role: Graduate Research Assistant* 2019-Present
University of Virginia Department of Psychology
Principal Investigator: Joseph Allen, PhD
Focus: The intricacies of adolescence and their effects on social, mental, and physical health over the lifespan; interventions to promote social connection and belongingness
Projects: Hoos Connected, KLIFF/Vida Project
- Promoting Healthy Adolescent Development Lab,** Charlottesville, VA *Role: Graduate Research Assistant* 2018-Present
University of Virginia Department of Psychology
Principal Investigator: Noelle Hurd, PhD, MPH
Focus: Factors that lead to and impede healthy development, with a specific emphasis on marginalized youth and emerging adults; Opportunities to disrupt systems of oppression
Projects: Project DREAM (Developing Resourcefulness, Engagement, Acceptance, and Mentoring); LINK (Learning about Important Non-parental Kin)
- Anxiety and Stress Lab,** Chapel Hill, NC *Role: Undergraduate Research Assistant* 2017-2018
University of North Carolina at Chapel Hill Department of Psychology & Neuroscience
Principal Investigator: Jon Abramowitz, PhD
Focus: Advancing the understanding, prevention, and treatment of clinical anxiety
Projects: *Perceptions of Anxiety: Self-Stigma and Help-Seeking Behaviors in College Students*

Ronald E. McNair Scholars Research Program, Chapel Hill, NC 2017

Role: Principal Investigator,

University of North Carolina at Chapel Hill Department of Psychology & Neuroscience

Advisor: Jon Abramowitz, PhD

Project: *Perceptions of Anxiety: Self-Stigma and Help-Seeking Behaviors in College Students*

Peer Relations Lab, Chapel Hill, NC. 2016-2018

Role: Undergraduate Research Assistant

University of North Carolina at Chapel Hill Department of Psychology & Neuroscience

Principal Investigator: Mitch Prinstein, PhD

Focus: Peer relationships and adjustment across development – from early childhood to adolescence; links among peer experiences, depression, suicidality, and health-risk behaviors

Projects: *Multilevel biomarkers for suicidal behavior; Teen Transition Study*

UNC School of Social Work, Chapel Hill, NC 2016-2018

Role: Undergraduate Research Assistant

University of North Carolina at Chapel Hill Department of Psychology & Neuroscience

Advisor: Mimi Chapman, PhD

Focus: Reducing Islamophobia among undergraduate students using a multidisciplinary approach

Project: *Can the Performing Arts Modify Attitudes Toward Islam?*

UNC Psychiatry Stress and Health Research Program, Chapel Hill, NC 2014-2018

Role: Undergraduate Research Assistant

University of North Carolina at Chapel Hill Department of Psychiatry

Principal Investigators: Susan Girdler, PhD, Tory Eisenlohr-Moul, PhD

Projects: *Stress, Health and Reproductive Research Program (SHARRP); Clarifying the Endocrinology of Acute Risk (CLEAR); The rewarding and analgesic properties of flavored electronic cigarettes*

CLINICAL EXPERIENCE

Penn Perelman School of Medicine, Department of Psychiatry 2023-Present

Philadelphia, PA *Role: Clinical Psychology Predoctoral Intern*

Internship Leadership: Philip Gehrman, PhD (Director), Jason Lewis, PhD (Co-Director), Keiran Rump, PhD (Co-Director)

- Complete three clinical rotations every six months (two 6-month rotations; one 12-month outpatient rotation)
- Attend weekly didactics and group supervision

Center for the Treatment and Study of Anxiety 2023-Present

Perelman School of Medicine at the University of Pennsylvania

Role: Clinical Psychology Predoctoral Intern

Supervisor: Elizabeth Turk-Karan, PhD

- Conduct intake evaluations and conceptualize cases with adolescents and adults seeking individual psychotherapy for anxiety- and OCD-related concerns
- Provide weekly and twice-weekly individual psychotherapy to eligible patients
- Administer, scored, and interpret relevant symptom assessments (e.g., the Yale Brown Obsessive-Compulsive Scale, Posttraumatic Diagnostic Scale)
- Receive training in evidence-based treatments for anxiety disorders, OCD, and relevant considerations in treatment
- *Primary presenting problems:* obsessive-compulsive disorder, generalized anxiety disorder, posttraumatic stress disorder, other anxiety disorders, co-morbid mood disorders (e.g., depression)

Behavioral Health Services, Penn Trauma Violence Recovery Program 2023-Present

Penn Presbyterian Medical Center

Division of Trauma, Surgical Critical Care, and Emergency Surgery

Role: Clinical Psychology Predoctoral Intern

Supervisor: Lily Brown, PhD

- Collaborate and consult with a multidisciplinary team in case management, treatment planning, and consultation among the trauma dept
- Conduct bedside therapeutic interventions with individuals who are inpatient on the trauma unit and have been injured due to interpersonal violence
- Provide weekly and twice-weekly outpatient individual psychotherapy to patients who experienced interpersonal violence in the city of Philadelphia
- *Primary presenting problems:* posttraumatic stress disorder, other trauma and stressor-related disorders, mood disorders, co-morbid medical concerns (i.e., recovering from violent injury)

Psychosis Evaluation and Recovery Clinic 2023-Present

Neurodevelopment and Psychosis Section

Perelman School of Medicine at the University of Pennsylvania

Role: Clinical Psychology Predoctoral Intern

Supervisors: Monica Calkins, PhD; Elisa Nelson, PhD

- Engage with the multidisciplinary coordinated specialty care model to establish, enact, and evaluate patient treatment plans
- Ongoing training in the assessment, treatment, and monitoring of psychosis symptoms (i.e., Recovery Oriented Cognitive-Behavioral Therapy; CT-R)
- Provide weekly individual psychotherapy to patients and co-facilitate CT-R for Families group with patient family members
- Provide psychoeducation about psychosis to patients, their care networks, and the community through clinic psychoeducation groups and outreach opportunities
- *Primary presenting problems:* brief psychotic disorder, schizophreniform, schizophrenia, and other schizophrenia spectrum and psychotic disorders, co-morbid mood disorders, co-morbid medical concerns

University of Virginia Department of Neurology Charlottesville, VA 2022-2023

Role: Clinical Neuropsychology Advanced Practicum Student

Supervisors: Shannon Reilly, PhD, Carol Manning, PhD, ABPP-CN, Kathleen Fuchs, PhD, ABPP-CN

- Conducted assessment interviews and conceptualize cases with adults and older adults seeking neuropsychological testing
- Administered, scored, and interpreted neuropsychological assessments before compiling integrated neuropsychological reports
- Participated in clinical neuropsychology didactics including a weekly neuroanatomy series and journal club meetings
- *Primary presenting problems:* mild cognitive impairment; dementia due to various etiologies such as Alzheimer's disease, vascular dementia, frontotemporal dementia, and Parkinson's disease; multiple sclerosis; mood disorders (e.g., depression, GAD, bipolar I); co-morbid medical concerns (e.g., cardiovascular concerns)

University of Virginia Counseling and Psychological Services,
Charlottesville, VA

2021-2022

Role: Advanced Practicum Student

Supervisors: Erin Tracy, PhD, Kimberly Champion, MA; Belinda Overstreet, PhD; Matt Zimmerman, PsyD

- Conducted intakes and provided brief, weekly, individual psychotherapy with undergraduate and graduate students with a focus on risk assessment
- Collaborated and consulted with a multidisciplinary team in case management, treatment planning, and consultation among UVA Student Health & Wellness divisions
- Co-led weekly LGBTQ+ student support group with staff member and facilitated group discussion of life stressors, coping strategies, and the role of identity in academic and community settings
- *Primary presenting problems:* mood disorders (e.g., depression, GAD, bipolar I), trauma and stressor-related disorders, substance use disorders, ADHD, interpersonal issues
- *Treatment approaches and supervision in:* relational, interpersonal, DBT, CBT, ACT, DBT and psychodynamic approaches

Lafayette Day School and Treatment Center, Troy, VA

2020-2021

Role: Child & Family Therapy Intern

Supervisors: James Czywczynski, LPC; Adrienne Brown, ATR-P; Will Luckett, LPC; Lee Llewellyn, PhD

- Conducted individual and group psychotherapy with children and adolescents that focused on emotional regulation, coping strategies, and managing life stressors in school, home, and community settings
- Provided therapeutic support in a milieu educational setting with a primary focus on risk assessment
- Collaborated with a multidisciplinary team and social service agencies in case management, treatment planning, and consultation
- *Primary presenting problems:* mood disorders (e.g., depression, GAD), autism spectrum disorder, ADHD, specific learning disorders, developmental disabilities

University of Virginia Mary D. Ainsworth Clinic, Charlottesville, VA 2019-2023

Role: Graduate Student Therapist

Supervisors: Lee Llewellyn, PhD (Current), Bethany Teachman, PhD (Current), Joseph Allen, PhD

- Conducted weekly, individual psychotherapy with adolescents, adults and families
- *Primary presenting problems:* mood disorders (e.g., depression, GAD), interpersonal distress, posttraumatic stress disorders
- *Treatment approaches and supervision in:* CBT, EFT, DBT, PE, humanistic, and mindfulness-based techniques

University of Virginia Mary D. Ainsworth Clinic, Charlottesville, VA 2018-2023

Role: Graduate Student Assessor

Supervisors: Lee Llewellyn, PhD; Allison Anderson, PhD, Maryfrances Porter, PhD

- Administered, scored, and interpreted cognitive, achievement, and personality assessments for children, adolescents, and adults
- Compiled integrated reports and provide assessment feedback to clients
- *Primary presenting problems:* specific learning disorders, ADHD, mood disorders (e.g., depression, GAD)

SUPERVISORY EXPERIENCE

Hoos Connected, Charlottesville, VA

2021-2022

Role: Graduate Student Supervisor

Supervisors: Alison Nagel, PhD; Joseph Allen, PhD

- Supervised undergraduate Hoos Connected facilitators (~25-30 students) in weekly group meetings as they implemented Hoos Connected curriculum
- Provided support, solutions, and guidance to facilitators encountering difficult group dynamics, logistic challenges, and other concerns support and guidance on difficult
- Contributed to the the development and refinement of Hoos Connected curriculum

ASSESSMENTS I AM TRAINED TO ADMINSTER

Neuropsychological: Animals Fluency, Benton's Judgement of Line Orientation, Boston Naming Test-Second Edition, Brief Visuospatial Memory Test-Revised, California Verbal Learning Test-Third Edition, Controlled Oral Word Association Test (FAS), Dot Counting Test, Hopkins Verbal Learning Test-Revised, Independent Living Scales, Montreal Cognitive Assessment, Neuropsychological Assessment Battery, Repeatable Battery for the Assessment of Neuropsychological Status, Rey Complex Figure Test, Trail-Making Test, Wisconsin Card Sorting Test-Short Form

Cognitive: Conners Continuous Auditory Test of Attention, Conners Continuous Performance Test, Comprehensive Test of Phonological Processing, Mini Mental Status Exam, Rey 15-Item Memory Test, Weschler Adult Intelligence Scale-Fourth Edition, Weschler Intelligence Scale for Children-Fifth Edition, Weschler Memory Scale-Fourth Edition, Woodcock Johnson Tests of Achievement-Fourth Edition, Woodcock Johnson Tests of Cognitive Abilities -Fourth Edition,

Mood and Personality: Beck Depression Inventory-II, Beck Anxiety Inventory, Counseling Center Assessment of Psychological Geriatric Anxiety Inventory, Geriatric Depression Scale, Generalized Anxiety Disorder-7, Minnesota Multiphasic Personality Inventory-2, Patient Health Questionnaire-9, Personality Assessment Inventory, Posttraumatic Diagnostic Scale, (PDS-5), PTSD Checklist for DSM-5, Rorschach Performance Assessment System (R-PAS), Yale Brown Obsessive-Compulsive Scale (Y-BOCS),

TRAININGS & DIDACTICS

Prolonged Exposure Therapy for PTSD, <i>Center for the Treatment and Study of Anxiety</i>	2023
Intensive Workshop in Exposure and Response Prevention for OCD, <i>Center for the Treatment and Study of Anxiety</i>	2023
Prolonged Exposure Therapy for Posttraumatic Stress Disorder: Clinician Training Workshop, Dr. <i>Peter Tuerk</i>	2022
Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents, <i>Child Adolescent Mood and Anxiety Treatment Program</i>	2021
Telepsychology Best Practice 101 Workshop Series, <i>American Psychological Association Continuing Education in Psychology</i>	2020
Medical Evaluation of Asylum Seekers Workshop, <i>University of Virginia and Legal Aid Justice Center</i>	2020

TEACHING & MENTORING EXPERIENCE

TEACHING

Charlottesville Freedom School (Co-Instructor) UVA Youth Action Lab (Co-Instructor)	Summer 2020
Upward Bound Research Methods Course (Co-Instructor). UNC Ronald E. McNair Scholars Program	Summer 2017
University of Virginia (Teaching Assistant)	
Group Process and Facilitation II Undergraduate; Dept. of Psychology	Spring 2022
Group Process and Facilitation II Undergraduate; Dept. of Psychology	Fall 2021
Group Process and Facilitation I Undergraduate; Dept. of Psychology	Spring 2021
Whiteness: The History of a Racial Category Undergraduate; Depts. of History and Religious Studies	Jan 2021
Introduction to Clinical Psychology Undergraduate; Dept. of Psychology	Fall 2020
Research Methods and Data Analysis I Undergraduate; Dept. of Psychology	Spring 2020

Introduction to Social Psychology Undergraduate; Dept. of Psychology	Fall 2019
Abnormal Psychology Undergraduate; Dept. of Psychology	Spring 2019
Abnormal Psychology Undergraduate; Dept. of Psychology	Fall 2018

MENTORING

University of Virginia

Leadership Alliance Program, Julianna Panton, Co-Advisor (with D. Freire & N.M. Hurd)	Summer 2021
Distinguished Major Program, Stephanie Chang Co-Advisor (with J.T. Billingsley & N.M. Hurd)	2020-2021
Undergraduate Research Assistants (6) Primary Research Mentor	2019-2023
Psychology Clinical Graduate Mentors Program, Graduate Mentor	2019-2020

GROUP FACILITATION & ENGAGEMENT EXPERIENCE

Psychosis Evaluation and Recovery Center, Philadelphia, PA. Present <i>Role: Clinical Psychology Intern Group Co-Facilitator</i>	2023-
<ul style="list-style-type: none"> • Co-lead Recovery-Oriented Cognitive Therapy for Families (CT-R for families) group for participants' support network (i.e., parents, siblings, partners) • Develop and present psychoeducational materials for participant and support network monthly groups 	
University of Virginia Youth Action Lab, Charlottesville, VA. <i>Role: Graduate Student Instructor</i>	2020
<ul style="list-style-type: none"> • Co-taught 3rd-5th graders about civic engagement with focus on voting partnership with the Charlottesville Children's Defense Fund Freedom School in virtual setting • Developed and led activities for local organizations (e.g., Teens GIVE and CAYIP) centered on empowering youth, improving skills and encouraging civic engagement • Co-created an introductory video about youth participatory action research for community members 	
Hoos Connected, Charlottesville, VA <i>Role: Graduate Student Facilitator</i>	2019-2021
<ul style="list-style-type: none"> • Co-led weekly group meetings with undergraduate students for an intervention with curriculum focused on developing social connections among peers • Facilitate activities and discussion of topics such as trust, communication, and vulnerability in interpersonal interactions 	
Project DREAM, Charlottesville, VA	2018-2020

Role: Graduate Student Observer and Assessor

- Observed an after school intervention designed to encourage positive relationships between youth and non-parental adults for protocol adherence and participant engagement
- Administered questionnaires with items related to program evaluation, youth engagement and overall well-being

Seeking the Self Identity Camp, Chapel Hill, NC

2016

Role: Undergraduate Counselor

- Served as an undergraduate student counselor for a week-long overnight summer camp for middle students of color aged 11-14
- Co-led expressive arts activities (e.g., writing, acting, and painting) focused on racial identity exploration and creating counter narratives to oppression and racial stereotypes

Carolina Housing Multicultural Advisor Program, Chapel Hill, NC

2015-2017

Role: Undergraduate Multicultural Advisor

- Conducted monthly professional development sessions with a staff of 18 Resident Advisors on diversity and inclusion as it relates to undergraduates living in campus residence halls
- Planned semesterly educational programming designed to inform students about multicultural issues, engage them in conversations, and provide relevant resources

SERVICE TO DEPARTMENT, UNIVERSITY & COMMUNITY

University of Virginia

UVA Interdisciplinary Research Working Group, <i>Founding Executive Committee Member</i>	2022-2023
UVA Graduate and Professional Queer and Trans Students of Color, <i>Co-President</i>	2021-2023
UVA Psychology Diversity, Equity, and Inclusion Undergraduate Outreach Maximizing Research Experiences Panel, <i>Panelist</i>	2021
UVA Psychology Diversity, Equity and Inclusion within UVA Psychology Discussion, <i>Organizer</i>	2021
UVA Office of Graduate and Postdoctoral Affairs Diversity Program Retreat, Executive <i>Planning Committee Member</i>	2020
Diversity, Equity and Inclusion Graduate Curriculum Committee, <i>Subcommittee Head and Member</i>	2020-Present
UVA Psychology Undergraduate Curriculum Committee, <i>Committee Member</i>	2019-2021
UVA Diversity, Equity, and Inclusion Undergraduate Data Committee, <i>Committee Member</i>	2019-2020
UVA Diversifying Psychology Visit Day, <i>Application Reviewer and Presenter</i>	2019-Present

UVA Leadership Alliance Summer Research Early Identification Program, <i>Panelist and Materials Reviewer</i>	2019-2021
UVA Marginalized Student Admission Interview Sessions, <i>Co-Organizer</i>	2019-2020
UVA Psychology Diversity, Equity and Inclusion Faculty Committee, <i>Graduate Student Representative</i>	2018-2019
Psychology Race, Ethnicity, Gender, and Sexuality Graduate Committee, <i>Committee Member</i>	2018-2020
Diversifying Scholarship Conference, <i>Executive Planning Committee Member</i>	2018-2022

University of North Carolina at Chapel Hill

Department of Psychology and Neuroscience Departmental Diversity Committee, <i>Undergraduate Member</i>	2016-2018
UNC LGBTQ Center Assistant Director Search Committee, <i>Undergraduate Representative</i>	2016
UNC Queer and Trans People of Color Group, <i>Co-Leader</i>	2016-2018

Community

Dissecting Systemic Shortcomings in Education and Clinical Training (DiSSECT), Marginalized Survival Kit <i>Subcommittee Co-Leader and Member</i>	2020-Present
Psychology Students for Inclusion, Diversity, and Equity (PSIDE), <i>Member</i>	2020-2021
Letters to a Pre-Scientist, <i>STEM Professional Letter Writer</i>	2019-2020

PROFESSIONAL DEVELOPMENT EXPERIENCES

Coding and Data Analysis Workshop	2022
<i>ResearchTalk, Inc. Fall Qualitative Inquiry Seminars</i>	
Mixture Modeling and Latent Class Analysis Workshop, <i>Curran-Bauer Analytics</i>	2022
Developmental Science Teaching Institute, <i>Society for Research in Child Development</i>	2021
Tomorrow's Professor Today, <i>UVA Center for Teaching Excellence</i> ,	2020
Applied Research Design using Mixed Methods Workshop, <i>Curran-Bauer Analytics</i>	2020
Inclusive Teaching: Lectures Workshop	2020
<i>UVA ACTS and Center for Teaching Excellence</i>	
Teaching as a Graduate Student Workshop, <i>UVA Center for Teaching Excellence</i>	2020

REFERENCES

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