ELIZABETH LOVE ROSS, Ph.D.

The Coping Resource Center, PLLC
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LICENSURE

License: **Licensed Psychologist**
License Number: 36051
Date Obtained: 09/2014

Other Credentials: **National Register of Health Service Psychologists**
Identification number: 55047
Date Obtained: 02/22/2016

PSYPACT: **Authority to Practice Interjurisdictional Telepsychology (APIT)**
PSYPACT Participant Number: 5451
State of Licensure: Texas
Status: Active
Date Obtained: 09/11/2020
Expiration Date: 09/11/2026

Not Retained

EDUCATION

Post-doctoral Fellowship: **Baylor College of Medicine, Ben Taub General Hospital**
Postdoctoral fellow, August 2013-July 2014
Training Director: Araceli Flores, Ph.D.

Pre-doctoral Internship: **University of Texas Health Science Center, San Antonio**
Psychology intern, July 2012-June 2013
Training Director: Donald McGeary, Ph.D.

Graduate: **University of Houston (APA Accredited)**
Ph.D., Clinical Psychology; Attained: 05/2013
Training Director: John Vincent, Ph.D.

Undergraduate: **University of Virginia**
B.A., Psychology; May 2006

HONORS AND FINANCIAL AWARDS

C.L.A.S.S. Research Assistant Stipend Award, University of Houston, Fall 2011-Summer 2012

Department of Psychology Travel Award, University of Houston, Spring 2010, Fall 2010, Fall 2011
Graduate Teaching Assistant Fellowship, University of Houston, Fall 2008-Fall 2011
Presidential Graduate Fellowship to recruit outstanding students, University of Houston, Fall 2008-Summer 2010
Dean's List, University of Virginia, Fall 2003- Fall 2005
National Merit Commended Scholar, The Kinkaid School, Fall 2001

PROFESSIONAL EXPERIENCE

10/19- *Clinical Psychologist/ Owner*, The Coping Resource Center, PLLC, Private Practice
Current

Group practice owner of the Coping Resource Center. Provide individual, family, and couples' therapy for individuals with sleep disorders, chronic medical conditions, major life stressors, depression, anxiety, OCD, substance abuse, eating disorders and trauma utilizing an evidence-based approach. Services are conducted both in person and through telehealth in 42 states.

Supervision
Training students to use empirically supported treatments at the Coping Resource Center and TIRR Memorial Hermann through University of Houston, University of Houston-Clear Lake, and Baylor College of Medicine.

SERVICE LEADERSHIP

Not Retained

06/22- Board Member, Houston Psychological Association
Current

As past president and current chair of the digital marketing committee, I have been working with HPA to create and promote professional development events, building a searchable membership directory, driving outreach efforts, and updating the website.

06/23- *President*, Houston Psychological Association
07/24

Serve as President of the Houston Psychological Association, a non-profit dedicated to supporting Houston-area psychologists through continuing education and community support. Duties include identifying speakers, organizing events, marketing, community outreach, creating committees, and informing members of issues impacting licensure.

04/23- *Board Member*, U.Va. College Foundation's Houston Regional Board
Current

Serve on the board of the regional foundation of the University of Virginia's college fund aimed at raising and investing funds for the benefit of the college and graduate school of Arts & Sciences and to advise and support the Dean.

01/25- *Chairman of the Board*, PX Project
06/20- *Board Member*
Current

Serve on the board of PX Project, a non-profit that provides workforce training skills to underprivileged youth in the Sharpstown neighborhood of Houston. Duties include attending board meetings, participating in fundraising, and identifying resources for student mental health needs.

11/25- *Clinical Advisory Board Member (Director)***,** Prospera Behavioral Health, Houston, TX

Current

Provide clinical oversight and strategic guidance to a multi-site outpatient behavioral health organization. Advise on compliance, documentation standards, and quality assurance processes. Support leadership in maintaining ethical and evidence-based clinical practices

PRIOR CLINICAL POSITIONS

Consultation Services

11/19- **Clients**: Dart Center of Journalism, Houston Methodist Behavioral Health, Empatha, J. Flowers Health 12/22
Institute, and Advantage Point Behavioral
Services: Conducting psychological evaluations and evidence-based psychological interventions for chronic pain patients, developing programming, and providing supervision for a telehealth pain intervention program.

07/20- *Staff Psychologist*, The Orchard on the Brazos
06/23 8 hours per week

Provide individual therapy to residents at a substance abuse treatment facility. Engage in treatment planning
and facilitating aftercare. Treatment modalities include CBT, DBT, MI, and ACT.

10/21- *Pain Psychologist*, M.D. Anderson Cancer Center, Department of Physical Medicine and Rehabilitation
07/22 4 hours per week

Conducted assessments of pain, emotional functioning, and psychological and/or psychosocial factors in patients with chronic pain including pre-surgical evaluations. Provided evidence-based psychological treatments to chronic pain patients referred within the pain department. Collaborated on a multi-disciplinary team.

Not Retained

10/19- *Pain Psychologist*, Baylor College of Medicine, Department of Physical Medicine and Rehabilitation
02/21 8 hours per week
Conducted assessments of pain, emotional functioning, and psychological and/or psychosocial factors in patients with chronic pain. Provided evidence-based psychological treatments to chronic pain patients referred within the physical medicine and rehabilitation department. Collaborate on a multi-disciplinary team.

08/14- TIRR-Memorial Hermann
09/19 *40 hours a week*
Outpatient Intervention Coordinator
Managed all outpatient psychotherapy services including marketing, developing programming, coordinating meetings, creating policies and procedures, providing outpatient staff with feedback; and triaging, reviewing, and monitoring all outpatient psychotherapy referrals.

Staff Psychologist
Inpatient Clinical: Provided individual and family psychotherapy to spinal cord injury patients admitted to an inpatient sub-acute rehabilitation setting on a multidisciplinary team. Treatments included: relaxation training, cognitive behavioral therapy (CBT), supportive psychotherapy, pain management, psychoeducation, motivational interviewing (MI), and Dialectical Behavioral Therapy (DBT) skills training.
Outpatient: Conducted outpatient psychological evaluations for surgery candidates. Provided evidence-based psychotherapy for insomnia, pain management, anxiety, and depression both for individuals and families.
Administrative: Provided supervision and didactic presentations for trainees at the graduate, intern, and post-doctoral levels. Developed and implemented a system for tracking patient goals within the electronic medical record. Developed manualized evidence-based treatment protocols for specialty populations, including a

cognitive behavioral treatment manual for headache patients in collaboration with the Mischer Neuroscience Institute neurology department, a treatment protocol for ventilator-related anxiety developed with interdisciplinary colleagues, and interventions tailored for suicidal patients with physical limitations. Co-developer of a psychological evaluation battery for spinal cord injury patients; data were analyzed and presented at national conferences. Served as a committee member on the pain management task force.

PROFESSIONAL PRESENTATIONS

Beyond the Discharge: Psychosocial Adaptation Following Major Medical Events, May 2026, TIRR Memorial Hermann Rehabilitation & Research Conference, Houston, TX
Motivational Interviewing in Practice, April 2026, Workshop Facilitation, The Council on Recovery, Houston, TX
Coping With Life Changes, February 2026, Hope Alliance Vascular and Podiatry Mental Health Presentation
Moving Forward Without Moving On, Panel Discussion, September 2025, Nick Finnegan Counseling Center
Walking Through Tragedy Panel, July 2025, Nick Finnegan Counseling Center
Resilient Parenting: Supporting Your Child and Yourself Through Loss, August 2025, River Oaks Baptist School Parent Education Seminar
Beyond Bedtime: Supporting Your Teen's Sleep in a 24/7 World, August 2025, Students Stopping Stigma Symposium
The Achievement-Sleep Paradox: How to Get Good Rest When You Feel Like You Are Too Busy to Sleep, August 2025, Students Stopping Stigma Symposium
Invisible Goodbyes: Understanding Grief and Ambiguous Loss, August 2025, Presentation at Students Stopping Stigma Symposium
The Impact of Trauma on Teens, June 2025, Parent Presentation at the Center For Teens
Resilient Parenting: Supporting Your Child and Yourself Through Loss, April 2025, Presentation at Monte Nido
Resilient Parenting: Supporting Your Child and Yourself Through Loss, March 2025, Presentation at The Meadows
Workplace Stress & Building Resilience, February 2025, Presentation to clinical staff at Ethos Wellness
Resilient Parenting: Supporting Your Child and Yourself Through Loss, January 2025, Presentation at Fusion Academy
Adjustment to Disability, October 2024, Presentation to Post-Doctoral Fellows, TIRR
Stress Management Techniques, March 2024 Presentation to Syndham Clinic, Concierge Medicine Service
Psychological Interventions for Chronic Pain, March 2024, Presentation to UT Residents at TIRR Memorial Hermann
Psychological Treatments for Chronic Pain, February 2021, Presentation to Advantage Point Behavioral Clinicians
Lecture Series: Introduction to Pain Psychology, October 2020, Presentation to Medical Residents, BCM
Motivational Interviewing, April 2019, May 2017 Presentation to Post-doctoral Fellows, TIRR
Ethical Dilemmas in Inpatient Spinal Cord Injury, January 2019, Presentation to Post-Doctoral Fellows, TIRR
Positive Professional Relationships, December 2018, Presentation to Social Work at Jewish Family Services
Workplace Stress & Building Resilience, October 2018, Presentation to Clinical Staff, TIRR
Adjustment to Disability, May 2018, Presentation to Post-Doctoral Fellows, TIRR
Adjustment to Spinal Cord Injury, January 2018, Presentation to Physical Therapy fellows, TIRR
Chronic Pain, September 2017, January 2017, Presentation to Post-doctoral Fellows, TIRR

Not Retained

MEDIA COVERAGE, INTERVIEWS, AND PODCAST APPEARANCES

Selected national media interviews and expert commentary on health psychology, behavioral sleep medicine, chronic pain, trauma, and anxiety.

Ross, L. (2026, May 11). **10 Simple Ways to Calm Your Nerves When You're Feeling Anxious.** *Real Simple.* https://www.realsimple.com/simple-ways-to-calm-your-nerves-when-you-feel-anxious-11971753

Ross, L. (2026, April 20). **What It Means to Be "Quietly Present"—and Why It's an Underrated Relationship Skill.** *Real Simple.*
https://www.realsimple.com/what-it-means-to-be-quietly-present-11954362

Ross, L. (2026). **Rising Stars Feature.** *Voyage Houston.*

Ross, L. (2026, March 7). **Why the Clocks Going Forward Can Help You Fall Asleep Faster and Skip 3 a.m. Wake-Ups.** *Tom's Guide.*
https://www.tomsguide.com/wellness/sleep/were-entering-the-best-time-of-year-to-fall-asleep-fast-and-stop-3-a-m-wake-ups-experts-reveal-the-3-surprising-benefits-of-the-clocks-going-forward

Ross, L. (2026, February 26). **Stop Waking Up at 3 a.m. — I Asked 5 Doctors for Their Best Sleep Hygiene Tips and Here's What They Said.** *Tom's Guide.*
https://www.tomsguide.com/wellness/sleep/i-asked-5-doctors-for-their-best-ever-sleep-hygiene-tips-to-fall-asleep-fast-and-reverse-3-a-m-wake-ups-heres-what-they-said

Ross, L. (2026, February 26). **Do You Have an Anxiety Disorder? 8 Early Warning Signs.** *Everyday Health.*
https://www.everydayhealth.com/mental-health-conditions/early-warning-signs-of-an-anxiety-disorder/

Ross, L. (2026, February 24). **Your Wearable Data May Actually Be Making Your Sleep Worse.** *New York Post.*
https://nypost.com/2026/02/24/health/your-wearable-data-may-actually-be-making-your-sleep-worse/

Ross, L. (2026, January 23). **10 Simple Tricks to Finally Overcome Your Fear of Flying.** *Fodor's Travel.*
https://www.fodors.com/news/photos/how-to-overcome-fear-of-flying

Not Retained

Ross, L. (2026, January 6). **Habits to Avoid at Night for Better Sleep.** *Real Simple.*
https://www.realsimple.com/habits-to-avoid-at-night-11879945

Ross, L. (2025, November 21). **Habits Therapists Always Avoid to Protect Their Mental Health.** *Real Simple.*
https://www.realsimple.com/habits-therapists-always-avoid-11853995

Ross, L. (2025, November 21). **Restless Night: The Psychology of Sleep.** *Sync'd Self Podcast.*
https://podcasts.apple.com/us/podcast/episode-14-restless-night-the-psychology-of-sleep-with/id1834484755

Ross, L. (2025, September 26). **Houston Experts Share How Cognitive Behavioral Therapy Can Help Insomnia.** *KPRC Channel 2 / Click2Houston.*
https://www.click2houston.com/video/news/2025/09/26/houston-experts-share-how-cognitive-behavioral-therapy-can-help-insomnia/

Ross, L. (2025, May 26). **How to Talk to Kids About Death and the Loss of a Grandparent.** *The Educated Parent Podcast.*
https://thrivingchildcenter.com/educated-parent-podcast

Ross, L. (2024, June 14). **How to Navigate and Conquer the Challenges of Chronic Pain and Narcissism.** *Dr. Daniel Fox YouTube Channel.*
https://www.youtube.com/watch?v=ZitGwe1h5eA

PUBLICATIONS

Williams, J.M., **Ross, E.L.,** Carson, C.S. (under review). Predictors of Insomnia among Individuals in Inpatient Spinal Cord Injury Rehabilitation. *Rehabilitation Nursing*.

Ross, E.L., Yoon, J.H., Mahoney, J.J., Omar, Y. & De La Garza, R. (2013). The impact of self-reported life stress on current impulsivity in cocaine dependent adults. *Progress in Neuro-Psychopharmacology & Biological Psychiatry, (46)* 113–119. doi: 10.1016/j.pnpbp.2013.06.002

Robertson, S.M., Amspoker, A.B., Cully, J.A., **Ross, E.L**., & Naik, A. (2013). Affective symptoms and change in diabetes self-efficacy and glycaemic control. *Diabetic Medicine, 30(5),* 189-196. doi: 10.1111/dme.12146

Mahoney, J.J., Omar, Y., Newton, T., **Ross, E.L.,** & De La Garza, R. (2013). The relationship between lifetime stress and addiction severity index scores in cocaine dependent participants. *European Neuropsychopharmacology*. doi:10.1016/j.euroneuro.2012.05.016

Venta, A.C., **Ross, E.L.** & Sharp, C. (2012). Suicide ideation and attempt among inpatient adolescents with borderline personality disorder: frequency, intensity, and age of onset. *Personality and Mental Health; 6(4):340-351.* doi:10.1002/pmh.1202

Yoon, J.H., De La Garza, R. Newton, T.F., Haile, C.N., Bordnick, P.S., Fintzy, R.T., Culbertson, C., Mahoney,J.J.,Hawkins, R. Y., LaBounty, K.R., **Ross, E.L**., Aziziyeh, A., & Le Garza, R. (2012). Effects of D-cycloserine on cue-induced craving and cigarette smoking among concurrent cocaine-and nicotine-dependent volunteers. *Addictive Behaviors.* doi:10.1016/j.addbeh.2012.03.022

Not Retained

JOURNAL REVIEW

Personality and Mental Health, February 2018
Progress in Neuro-Psychopharmacology & Biological Psychiatry, September 2014

ORAL CONFERENCE PRESENTATIONS

Jacob M. Williams, Ph.D., **Elizabeth L. Ross, Ph.D.,** Cody S. Carson, Ph.D. (February 2019). *Ethical Dilemmas in Acute Inpatient Spinal Cord Injury Rehabilitation*. Oral presentation at the annual Conference for Rehabilitation Psychology, Orlando, FL.

Cody S. Carson, Ph.D., **Elizabeth L. Ross, Ph.D.,** Jacob M. Williams, Ph.D. (February 2018). *Psychological Issues in Acute Spinal Cord Injury Rehabilitation*. Oral Presentation at the annual conference for Rehabilitation Psychology, Dallas, TX.

Venta, A., Eagle, M., Fein, R., Magyar, M., Mercado, A., Ratcliff, C., Reuter, T., **Ross, E**., & Ruths, I. (November, 2017) *Developing a Specialty: Early Career Psychologist and Student Forum.* Symposium accepted for presentation at the annual convention of the Texas Psychological Association, Houston.

Carson, C. S., **Ross, E.,** Williams, J. M., Taylor, H., Tallavajhula, S., & Struchen, M. A. (November, 2016). *Sleep problems in acute spinal cord injury rehabilitation*. Presented at the 93rd Annual Conference of the American Congress of Rehabilitation Medicine, Chicago, IL.

Ross, E., Venta, A., & Sharp, C. (August 2012). Stress generation as a predictor of self-injurious thoughts and behaviors. *Research Paper Presented at the American Psychological Association Annual Convention.*

Venta, A., **Ross, E.,** & Sharp, C. (August 2012). Thinking about and attempting suicide in inpatient adolescents with borderline personality disorder. *Research Paper Presented at the American Psychological Association Annual Convention.*

Mahoney, III, J.J., Omar, Y., Cooper, K**., Ross, E.,** De La Garza, II, R., Newton, T.F. Lifetime stress is associated with elevated addiction severity index scores in methamphetamine-dependent participants. (June 2010). *Paper presented at the annual meeting of the College on Problems of Drug Dependence, Palm Springs, CA.*

Evans, G., **Ross, E.L.,** & Teo, I. (April, 2010). Improving Cultural Inclusivity in Clinical Trials: Implementation of the EDICT Project Recommendations. *Panel Discussion at the Society of Behavioral Medicine Conference, Seattle, WA.*

Amble, T., **Ross, E.L.,** & Huddleston, C. (December, 2009). Tailoring interventions to ethnic minorities with serious or chronic illness*, Presentation for the Texas Psychological Association Annual Conference, Diversity Symposium, Houston, TX.*

POSTER PRESENTATIONS

Cody S. Carson, Ph.D., **Elizabeth L. Ross, Ph.D.,** Jacob M. Williams, Ph.D. (February, 2018).Spiritual Wellbeing in Acute Spinal Cord Injury. *Research Poster presented to the annual conference for Rehabilitation Psychology, Dallas, TX.*

Sharp, C., Venta, A., **Ross, E.L.**, Reuter, T., Noblin, J. L., Eagle, M.-M. Hossein, S., Schatte, D. (April, 2013). Insensitivity to the Person-Specific Nature the Decision to Trust in Adolescents with Externalizing Behavior Problems. *Research Poster presented to Biennial Meeting of the Society for Research in Child Development.*

Venta, A., **Ross, E.L.,** Eagle, M.M., Reuter, T., & Sharp, C. (November, 2012) A Behavioral Economics Assessment of Interpersonal Trust among Adolescents with ODD. *Research Poster presented at the Association of Behavioral and Cognitive Therapies.*

Not Retained

Reuter, T., **Ross, E**., & Sharp, C. (November, 2012). The relations between multiple indices of aggression in Borderline Personality Disorder features in adolescents. *Research Poster presented to the Association of Behavioral and Cognitive Therapies.*

Roberstson, S.M., Cully, J.A., Bush, A.L., **Ross, E.L.,** & Naik, A.D. (November, 2012). The Moderating Effect of Distress on Diabetes Control and Self-Efficacy in a Self-Management RCT. *Research Poster presented to the Gerontological Society of America.*

Ross, E.L. & Sharp, C. (November, 2011). Stress Generation in Adolescents Diagnosed with BPD. *Research Poster Presented at the Association for Behavioral and Cognitive Therapies, Toronto, Canada.*

Nerumalla, C.S., **Ross, E.L.,** Mahoney, J.J., Newton, T.F., De La Garza, R. (February 2011). Does nicotine use alter the "high" or "desire" for cocaine among cocaine-dependent smokers? *Research Poster Presented at the Society for Research on Nicotine and Tobacco, Toronto, Canada*

Yoon, J. H., Kalechstein, A.D., Croft, D.W., **Ross, E.L.,** LaBounty, K.R., Mahoney, J.J., Newton, T.F., & De La Garza, R. (February, 2011). Effects of D-cycloserine on neurocognition among cocaine-dependent volunteers being treated for cigarette smoking. *Research Poster Presented at the Society for Research on Nicotine and Tobacco, Toronto, Canada.*

Ross, E.L., Hughes, L.C., Teo, I., Naus, M.J., Singh, R. & Tran, V. (November, 2010). Predictors of depression in early stage breast cancer survivors. *Research Poster Presented at the Association for Behavioral and Cognitive Therapies, San Francisco, CA.*

Ross, E.L., Hughes, L.C., Teo, I., Naus, M.J., Harper, K., & Daniels, S. (November, 2010). The Objectification Theory: Negative psychological outcomes and protective factors. *Research Poster Presented at the Association for Behavioral and Cognitive Therapies, San Francisco, CA.*

Ross, E.L., Huddelson, C., Teo, I., & Naus, M. (April, 2010). The impact of ethnic identity on body image in middle-aged African American and Caucasian women, *Research Poster Presented at the Society of Behavioral Medicine Conference, Seattle, WA.*

Osika, M., **Ross, E.L.,** Naus, M.J., Gilts, C., & Varghese, J. (April, 2010). Role of spirituality in finding benefits from stressful life events in breast cancer survivors and peers, *Research Poster Presented at the Society of Behavioral Medicine Conference, Seattle, WA.*

Ross, E.L., Hughes, L., Naus., M., & Harper, K. (April, 2010). Body shame and appearance anxiety as predictors of mental and physical health. *Research Poster Presented at the Society of Behavioral MedicineConference, Seattle, WA.*

Ross, E.L., Hughes, L., Naus, M., & Harper, K. (March, 2010). Body dissatisfaction in college women: Does ethnicity serve as a protective factor? *Research Poster Presented at the Women's Health Conference, Washington, D.C.*

Hughes, L., **Ross, E.L.,** Naus, M., & Trahan, M. (March, 2010). The interactive effect of emotional support and extraversion in predicting post-traumatic growth in breast cancer survivors, *Research Poster Presented at the Women's Health Conference, Washington, D.C.*

Weisinger, B., Naus, M.J., & **Ross, E.L.** (November, 2008). Goals Assessment Questionnaire for Health Psychology: Preliminary Research, *Research Poster presented at Undergraduate Research Day, The University of Houston, Houston, TX.*

SUPERVISED CLINICAL EXPERIENCE

Not Retained

02/14- *Postdoctoral Fellow*, Ben Taub Inpatient Unit
07/14 30 hours per week
Supervisor: Phuong Nguyen, Ph.D.

Provided time-limited evidence-based individual and group psychotherapy to adult patients who have been hospitalized in an acute care inpatient facility. Conducted brief psychological evaluations and wrote integrated reports based on the findings.

02/14- *Postdoctoral Fellow*, Ben Taub Outpatient Child/ Adolescent Clinic
07/14 8 hours per week
Supervisor: Leah Clionsky, Ph.D.

Provided outpatient individual and family therapy to children ages 5-17 utilizing PCIT, CBT, DBT, and TF-CBT-informed interventions. Conducted psychological evaluations and obtained regular outcome data to assess progress.

02/14- *Postdoctoral Fellow*, Ben Taub Outpatient Neuropsychiatric Center, Sexual Trauma Group
07/14 1.5 hours per week
Supervisor: Phuong Nguyen, Ph.D. and Beverly Du, M.D.

Co-facilitated process group for sexual trauma survivors with a staff psychiatrist. Group content informed by CPT, Safety Seeking, and DBT. Participated in program development and recruitment.

08/13- *Postdoctoral Fellow*, Ben Taub Outpatient Neuropsychiatric Center
01/14 20 hours per week
Supervisor: Jeanine Tamez, Ph.D.

Provided outpatient individual therapy utilizing CBT and DBT interventions. Co-facilitated an outpatient weekly DBT group. Conducted full-scale psychological evaluations of attention, intelligence, memory, personality, neuropsychological screeners, and mood measures.

08/13- *Postdoctoral Fellow*, Ben Taub Adolescents in Motion Program
01/14 8 hours per week
Supervisor: Leah Clionsky, Ph.D.

Provided weekly individual, family, and DBT-informed group therapy to adolescents (aged 12-17) enrolled in a 3-week intensive outpatient program. Treatment modalities included DBT and trauma-focused treatments.

08/13- *Postdoctoral Fellow*, Ben Taub General Hospital Consultation Liaison Service
01/14 12 hours per week
Supervisor: Araceli Flores, Ph.D.

Provided brief therapy and conducted psychological evaluations at bedside to patients hospitalized at Ben Taub General Hospital for medical concerns. Intervention techniques included crisis management, motivational interviewing, supportive therapy, and CBT. Evaluations included brief cognitive, personality, and mood screeners as well as suicide risk assessment.

07/12- *Psychology Intern*, University of Texas Health Science Center, San Antonio, Texas
06/13 9 hours per week
Supervisor: Donald McGeary, Ph.D.

Provided outpatient individual psychotherapy and inpatient group therapy. Obtained training on spinal cord stimulator pre-surgical screenings and chronic pain management treatment.

Not Retained

01/13- *Psychology Intern*, Laurel Ridge Treatment Center, San Antonio, Texas
06/13 35 hours per week
Supervisor: Margot Zuelzer, Ph.D.

Provided individual and group psychotherapy in a child/adolescent residential treatment setting. Utilized clinical interview, objective and projective assessments for evaluations. Type of therapeutic intervention utilized: cognitive behavioral therapy, dialectical behavioral therapy, and supportive.

07/12- *Psychology Intern*, Kerrville State Hosptial, Kerrville, Texas
12/12 35 hours per week
Supervisor: Michael Jumes, Ph.D.

Provided individual and group psychotherapy in an inpatient forensic setting for patients who are deemed either incompetent to stand trial or not guilty by reason of insanity. Utilized clinical interview, objective and projective assessments for evaluations. Type of therapeutic intervention utilized: cognitive behavioral therapy, dialectical behavioral therapy, and supportive.

08/11- *Practicum Student,* Baylor Family Counseling, Baylor College of Medicine
06/12 16 hours per week
Supervisor: James Bray, Ph.D.

Provided outpatient individual therapy, family therapy, and couples counseling with referrals from a primary care setting. Type of therapeutic intervention utilized: cognitive behavioral therapy, motivational interviewing and family systems approaches.

08/11- *Behavioral Coach*, Healthy Outcomes through Patient Empowerment, Baylor College of Medicine
02/12 10 hours per week
Primary Investigator: Aanand Naik, M.D.
Supervisor: Suzanne Robertson, Ph.D.

Provided behavioral coaching via weekly telephone sessions to breast cancer survivors with comorbid diabetes to help them manage their diabetes health. Type of therapeutic intervention utilized: cognitive behavioral therapy and motivational interviewing.

02/11- *Practicum Student,* The Michael E. DeBakey Veteran's Affairs Medical Center, BCM
06/11 12 hours per week
Supervisor: Karen Waldman, Ph.D.

Provided group therapy and couples counseling with veterans on an outpatient basis. Co-lead groups for geriatric veterans with PTSD, depression and a pain management group. Type of therapeutic intervention utilized: cognitive behavioral therapy and acceptance and commitment therapy.

08/10- *Research Clinician*, Developmental Psychopathology Lab, University of Houston
06/12 20 hours per week
Supervisor: Carla Sharp, Ph.D.

Conducted assessments of mood, personality, and suicidal behaviors as part of a larger research project in adolescents (aged 13-18) at an inpatient psychiatric facility.

08/10- *Practicum Student,* Harris County Psychiatric Center, University of Texas, Houston
12/10 16 hours per week
Supervisor: Patricia Averill, Ph.D.

Conducted assessments and provided individual therapy to inpatient adults at an acute psychiatric hospital. Type of therapeutic intervention utilized: cognitive behavioral therapy, dialectical behavioral therapy, and motivational interviewing.

Not Retained

01/10- *Research Clinician*, Stimulant Addiction Research Program, Baylor College of Medicine
8/10 20 hours per week
Primary Investigator: Richard de la Garza, Ph.D.
Supervisor: Rachel Fintzy, Ph.D.

Assisted in several grant-funded studies of stimulant-addicted individuals as a therapist and an assessor. Duties included conducting a manualized CBT intervention for smoking cessation within stimulant addicted individuals, assessment, screening, recruitment, gathering data on physiological variables, conducting virtual reality sessions, entering data, analyzing data, preparation of manuscripts, and participation in interdisciplinary research meetings. Assessments included intelligence testing, psychodiagnostic screeners, neuropsychological testing, and psychosocial evaluations.

01/10- *Independent Evaluator,* Houston Center for Quality of Care and Utilization Studies, Baylor College of
05/12 Medicine
3 hours per week
Primary Investigator: Melinda Stanley, Ph.D.
Supervisor: Jeff Cully, Ph.D.

Conducted structured telephone interviews to assess anxiety symptoms with senior adults as part of a NIMH open trial called the Peaceful Living Program.

08/09- *Graduate Student Examiner*, Adult Clinic for Learning Assessment, University of Houston
08/10 7 hours per week
Supervisor: Paul Massman, Ph.D.

Conducted psychological evaluations for adults and children with a range of referral questions including intellectual functioning and the assessment of learning disorders. Responsibilities also included the preparation of integrated assessment reports and providing client feedback.

08/09- *Psychology Extern*, Anxiety Disorders Clinic, University of Houston
05/12 5 hours per week
Primary Investigator/ Supervisor: Peter Norton, Ph.D.

Conducted structured psycho-diagnostic clinical interviews and co-lead group therapy as part of an NIMH study that assesses the efficacy of a CBT-based trans-diagnostic group therapy for anxiety disorders and lead group therapy sessions. Duties included: conducting clinical interviews, rating, writing integrated reports, providing feedback to clients, treatment planning, and co-leading anxiety disorder group therapy sessions.

08/09- *Graduate Student Clinician,* Psychology Research and Services Center, University of Houston 06/12
10 hours per week
Supervisors: Julia Babcock, Ph.D.
John Vincent, Ph.D.
Gerald Harris, Ph.D.

Provided therapy and assessments to clients seeking services at the university outpatient clinic presenting with a wide range of symptoms including depression, anxiety, personality disorders, anger management, and adjustment disorders. Types of therapeutic interventions utilized: cognitive behavioral therapy, behavioral activation, motivational interviewing, dialectical behavioral therapy, acceptance and commitment therapy, relapse prevention, and assertiveness training.

Not Retained

SUPERVISED RESEARCH EXPERIENCE

08/10- *Graduate Research Assistant,* Developmental Psychopathology Lab, University of Houston
06/12 10 hours per week
Advisor: Dr. Carla Sharp

Completion of a doctoral dissertation investigating the relationship between stress generation and emerging borderline personality disorder in a group of adolescents in a psychiatric inpatient facility through structured clinical interviews and self-report measures. Committee members: Cara Sharp Ph.D. (chair), Randy Auerbach, Ph.D., Peter Norton, Ph.D., & Clayton Neighbors, Ph.D. Duties included: data collection twice a week, weekly rating meetings, lab meetings, data cleaning, data analysis, literature review, and manuscript preparation.

08/08- *Graduate Research Assistant,* Health Psychology Research Group, University of Houston
08/10 10 hours per week
Advisor: Mary Naus, Ph.D.

Completion of master's thesis project investigating factors that protect young women from experiencing body dissatisfaction in an ethnically diverse group of undergraduates. Committee members: Mary Naus Ph.D. (chair), Carla Sharp Ph.D., Peter Norton, Ph.D., & Qian Lu, Ph.D. Duties included: analyzing a large data set, literature review, lab meetings, and consultation.

08/07- *Undergraduate Research Assistant,* Health Psychology Research Group, University of Houston
12/07 10 hours per week and Advisor: Mary Naus, Ph.D.

06/05-

08/05 Research assistant for study involved comparing the psychological adjustment of breast cancer survivors through self-report questionnaire packet to an ethnically and aged matched sample of controls.

01/06- *Undergraduate Research Assistant*, Social Psychology Lab, University of Virginia
05/06 10 hours per week
Advisor: Gerald Clore, Ph.D.

Research assistant for studies regarding affective priming, emotion, and memory.

01/05- *Undergraduate Research Assistant,* Cognitive Psychology Lab, University of Virginia 08/06 10 hours per week
Advisor: Dan Willingham, Ph.D.

Research assistant for several studies looking at procedural learning and memory.

08/04- *Undergraduate Research Assistant*, Clinical Psychology Lab, University of Virginia
12/04 10 hours per week
Advisor: Eric Turkheimer, Ph.D.

Research assistance for a study investigating the relationship between personality traits and conflict in marriage.

TEACHING EXPERIENCE

Not Retained

08/08- *Teaching Assistant*, Psychology Department, University of Houston
12/09 20 hours a week

Courses Included: Introduction to Psychology, Statistics for Psychology, and Abnormal Psychology. Duties included: proctoring exams, grading term papers and tests, tutoring students, leading study sessions, and substitute teaching.

GRADUATE LEADERSHIP EXPERIENCE

08/11- *Listserv Manager*, Clinical Psychology Department, University of Houston
09/12 5 hours a week

Managing the psychology department list serve including updating contact information for students and faculty, troubleshooting technical issues, and facilitating communication between students and faculty.

08/10- *Clinic Assistant*, Psychological Research and Services Center, University of Houston
08/11 20 hours a week
Supervisor: Robin Weill, Ph.D.

Co-managing the outpatient clinic at the University of Houston. Duties included: conducting intakes over the phone for clients seeking services at the clinic, ensuring all client paperwork is in compliance with clinic standards, coordinating clinical forums as educational opportunities for students, organizing clinical practicum fair for students to learn about external practicum placement, planning community screening days for depression and anxiety, and assisting in supervision of student clinicians.

08/09- *Office Co-Manager*, Health Psychology Research Group, University of Houston 08/10
10 hours a week
Supervisor: Mary J. Naus, Ph.D.

Co-managing the health psychology lab. Duties included: coordinating office lab schedule for graduate students and research assistants, training and orienting research assistants, updating research files, and performing maintenance checks of office equipment.

RELEVANT PRE-GRADUATE WORK EXPERIENCE

10/06- *Mental Health Associate*, Hope Unit, Menninger Clinic 07/08 40 hours a week
Supervisor: Harrell Woodson, Ph.D.

Worked as a mental health associate on an inpatient treatment unit. Duties included: daily interaction with patients, milieu therapy, reinforcing healthy coping skills, leading goals and relapse prevention group therapy, contributing to medical rounds and treatment planning, writing progress notes, engaging in ongoing education including DBT training and suicide prevention training, and supervision of patients on outings.

06/04- *Student Extern*, Psychiatric Consult Service, Ben Taub Hospital 08/04 40 hours a week
Supervisor: Beth Yudofsky, M.D.

Not Retained

Shadowed a team of psychiatrists, residents and medical students at Baylor College of Medicine in the psychiatric consultation liaison service. Administered psychological tests to patients, attended medical rounds, and engaged in discussions regarding patient care.

ADDITIONAL TRAINING & WORKSHOPS

04/26 Multidimensional Grief Therapy (MGT), Trauma and Grief Center/Lucine Center
04/21 Journalist Trauma Support Network (JTSN) Training
09/20 Circadian Rhythm Sleep-Wake Disorders (CRWDs) Training
07/19 Cognitive Behavioral Therapy for Insomnia (CBT-i)
11/13 Seeking Safety: An Evidence-Based Practice for Adolescent Trauma Survivors
08/12 Prolonged Exposure for PTSD training
05/12 Motivational-Interviewing for Substance Abuse Treatment

PROFESSIONAL MEMBERSHIPS

American Psychological Association
Association for the Advancement of Behavioral and Cognitive Therapy
Texas Psychological Association
Houston Psychological Association
Journalist Trauma Support Network
The National Register of Health Service Psychologist

Not Retained