

CURRICULUM VITAE

Ariel B. Handy

Department of Psychology
University of Texas at Austin
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EDUCATION

- 2015-2021
(expected) **Doctor of Philosophy**, Clinical Psychology
University of Texas at Austin, Austin, TX, USA
Accredited, American Psychological Association
Member, Academy of Psychological Clinical Science
Advisor: Cindy Meston, Ph.D.
- 2013 **Bachelor of Arts**, Psychology, Spanish
University of Vermont, Burlington, VT, USA
Departmental High Honors
Thesis Title: Predicting predispositions to risky dating behaviors in college women
Chair of Thesis Committee: Alessandra Rellini, Ph.D.

FELLOWSHIPS, AWARDS & HONORS

- 2018-2019 **Integrated Behavioral Health Scholar**
Specialized training in integrated behavioral healthcare, interprofessional practice and cultural competency.
Bipolar Disorder Integrated Practice Unit, Dell Medical School
- 2018 **Carl J. and Tamara M. Tricoli Endowed Fellowship**
College of Liberal Arts, University of Texas at Austin
- 2018 **Jennifer Jean Malin Endowed Fellowship in Psychology**
Department of Psychology, University of Texas at Austin
- 2018 **M.A.P. Education & Research Foundation Award Honorable Mention**
The influence of interoception on vaginal lubrication
Society for Sex Therapy and Research
- 2017 **Dianne and Jerry Grammer Fellowship for Mental Health Research**
Department of Psychology, University of Texas at Austin
- 2017 **Best Poster Award: Voters' Choice**
The impact of cancer on the sexual function of adolescents and young adults: A systematic review
Society for Sex Therapy and Research

- 2016 **Graduate School Prestigious Recruiting Fellowship**
University of Texas at Austin Office of Graduate Studies
- 2016 **Student Award for Best Poster Presentation**
Interoceptive awareness moderates the relationship between perceived and physiological genital arousal in women
Canadian Sex Research Forum
- 2015-2017 **Professional Development Award**
Received grant to present an original paper at a relevant conference
University of Texas at Austin Office of Graduate Studies
- 2014 **Student Research Award Honorable Mention**
The sexual side of castration narratives
Society for Sex Therapy and Research

PEER-REVIWED PUBLICATIONS

Published/In Press

1. **Handy, A. B.**, Stanton, A. M., & Meston, C. M. (in press). What does sexual arousal mean to you? A linguistic exploration of women's sexual experiences. *Journal of Sex Research*.
2. Stanton, A. M., **Handy, A. B.**, & Meston, C. M. (in press). The effects of exercise on sexual function in women. *Sexual Medicine Reviews*. DOI 10.1016/j.sxmr.2018.02.004
3. **Handy, A. B.**, & Meston, C. M. (2018). Interoception and awareness of physiological sexual arousal in women with sexual arousal concerns. *Journal of Sex & Marital Therapy*, 44(4), 398-409. DOI 10.1080/0092623X.2017.1405305
4. **Handy, A. B.**, Stanton, A. M., & Meston, C. M. (2018). Understanding women's subjective sexual arousal within the laboratory: Definition, measurement, and manipulation. *Sexual Medicine Reviews*, 6, 201-216. DOI 10.1016/j.sxmr.2017.11.001
5. Stanton, A. M., **Handy, A. B.**, & Meston, C. M. (2018). Sexual function in adolescents and young adults diagnosed with cancer: A systematic review. *Journal of Cancer Survivorship*, 12(1), 47-63. DOI 10.1007/s11764-017-0643-y
6. **Handy, A. B.**, Stanton, A. M., Pulverman, C. S., & Meston, C. M. (2018). Differences in perceived and physiological genital arousal in women with and without sexual dysfunction. *Journal of Sexual Medicine*, 15(1), 52-63. DOI 10.1016/j.jsxm.2017.11.009
7. Althof, S., Meston, C. M., Perelman, M. A., **Handy, A. B.**, Kilimnik, C. D., & Stanton, A. M. (2017). Opinion paper: On the diagnosis/classification of sexual arousal concerns in women. *Journal of Sexual Medicine*, 14(11), 1365-1371. DOI 10.1016/j.jsxm.2017.08.013
8. Paterson, L. Q. P., **Handy, A. B.**, & Brotto, L. A. (2017). A pilot study of 8-session Mindfulness-Based Cognitive Therapy adapted for women's low sexual desire. *Journal of Sex Research*, 54(7),

850-861. DOI 10.1080/00224499.2016.1208800

9. **Handy, A. B.**, & Meston, C. M. (2016). Interoceptive awareness moderates the relationship between perceived and physiological genital arousal in women. *Journal of Sexual Medicine, 13*(12), 1907-1914. DOI 10.1016/j.jsxm.2016.09.018
10. **Handy, A. B.**, Jackowich, R. A., Wibowo, E., Wassersug, R. W., & Johnson, T. W. (2016). Gender preferences in the sexual attractions, fantasies, and relationships of voluntarily castrated men. *Sexual Medicine, 4*(1):51-59. DOI 10.1016/j.esxm.2015.11.001
11. Lee, T. K., **Handy, A. B.**, Wassersug, R. J., Brotto, L. A., Kwan, W., Oliffe, J. L., & Dowsett, G. W. (2015). The impact of prostate cancer on the sexual quality of life for men-who-have-sex-with-men. *Journal of Sexual Medicine, 12*(12):2378-2386. DOI 10.1111/jsm.13030
12. **Handy, A. B.**, & Johnson, T. W. (2015). Eunuchs on line. *Transgender Studies Quarterly, 2*(4): 710-716. DOI 10.1215/23289252-3151655
13. **Handy, A. B.**, Wassersug, R. J., Ketter, T. J., & Johnson, T. W. (2015). The sexual side of castration narratives: Fiction written by and for eunuchs and eunuch “wannabes.” *Canadian Journal of Human Sexuality, 24*(2), 151-159. DOI 10.3138/cjhs.242-A4

Under Review

1. Seehuus, M. O., Stanton, A. M., & **Handy, A. B.** (under review). On the content of “real world” sexual fantasy: Results from a massive online study.
2. Mallory, A. B., Stanton, A. M., & **Handy, A. B.** (under review). Couples’ sexual communication and dimensions of sexual function: A meta-analysis.
3. **Handy, A. B.**, Freihart, B. K., & Meston, C. M. (under review). The relationship between women’s subjective and physiological sexual arousal: Replication and extension.

In Preparation

1. **Handy, A. B.**, & Meston, C. M. (in prep). The development of a technique for measuring physiological vaginal lubrication.

CONFERENCE PRESENTATIONS

Podium Presentations

1. **Handy, A. B.**, & Meston, C. M. (2018, April). The influence of interoception on vaginal lubrication. Oral presentation at the Society for Sex Therapy and Research, Philadelphia, PA, USA. **M.A.P. Education & Research Foundation Award Honorable Mention**
2. **Handy, A. B.**, & Meston, C. M. (2018, February). A novel technique for assessing vaginal lubrication. Oral presentation at the International Society for the Study of Women’s Sexual Health, San Diego, CA, USA.

3. **Handy, A. B.**, Stanton, A. M., & Meston, C. M. (2018, February). Women's experiences of sexual arousal: The importance of context. Oral presentation at the International Society for the Study of Women's Sexual Health, San Diego, CA, USA.
4. **Handy, A. B.**, & Meston, C. M. (2017, February). The role of interoception in women's perception of their arousal. Oral presentation at the International Society for the Study of Women's Sexual Health, Atlanta, GA, USA.
5. Stanton, A. M., **Handy, A. B.**, & Meston, C. M. (2017, February). A systematic review of sexual function in adolescents and young adults diagnosed with cancer. Oral presentation at the International Society for the Study of Women's Sexual Health, Atlanta, GA, USA.
6. Lee, T. K., **Handy, A. B.**, Wassersug, R. J., Brotto, L. A., Kwan, W., Oliffe, J. L., & Dowsett, G. W. (2015, October). The impact of prostate cancer on the sex lives and relationships of men-who-have-sex-with-men (MSM): A qualitative study. Oral presentation at the Canadian Sex Research Forum, Kelowna, BC, CA.
7. **Handy, A. B.**, Lee, T. K., Wassersug, R. J., Brotto, L. A., Kwan, W., Oliffe, J. L., & Dowsett, G. W. (2014, October). The impact of prostate cancer on the sex lives and relationships of men-who-have-sex-with-men: A qualitative study. Oral presentation at the BC Gay Men's Health Summit, Vancouver, BC, CA.
8. **Handy, A. B.**, & Wassersug, R. J. (2014, October). The sexual side of castration narratives. Symposium conducted at the Canadian Sex Research Forum, Kingston, ON, CA.
9. Wassersug, R. W., Jackowich, R. A., Johnson, T. W., & **Handy, A. B.** (2014, October). The impact of voluntary castration on the sexuality of men. Symposium conducted at the Canadian Sex Research Forum, Kingston, ON, CA.
10. **Handy, A. B.**, & Rellini, A. H. (2013, May). Predicting predisposition to risky dating behaviors in college women. Oral presentation at the Student Research Conference, Burlington, VT, USA.

Poster Presentations

1. **Handy, A. B.**, Stanton, A., & Meston, C. M. (2018, April). What does sexual arousal mean to you? Women with and without arousal concerns describe their experiences. Poster presentation at the Society for Sex Therapy and Research, Philadelphia, PA, USA.
2. Seehuus, M., **Handy, A.**, & Stanton, A. (2017, May). The themes and structures of sexual fantasy. Poster presentation at the Association for Psychological Science, Boston, MA, USA.
3. Stanton, A. M., **Handy, A. B.**, & Meston, C. M. (2017, April). The impact of cancer on the sexual function of adolescents and young adults: A systematic review. Poster presentation at the Society for Sex Therapy and Research, Montréal, QC, CA. **Best Poster Award: Voters' Choice**
4. **Handy, A. B.**, & Meston, C. M. (2017, March). Interoceptive awareness moderates the relationship between perceived and physiological genital arousal in women. Poster presentation at the Society for Behavioral Medicine, San Diego CA, USA.

5. Stanton, A. M., **Handy, A. B.**, & Meston, C. M. (2017, March). The impact of cancer on the sexual function of adolescents and young adults: A systematic review. Poster presentation at the Society for Behavioral Medicine, San Diego CA, USA.
6. **Handy, A. B.**, & Meston, C. M. (2017, February). Perceived genital arousal in women with sexual dysfunction. Poster presentation at the International Society for the Study of Women's Sexual Health, Atlanta GA, USA.
7. **Handy, A. B.**, Stanton, A. M., Pulverman, C. S., & Meston, C. M. (2017, February). The relationship between physiological genital arousal and genital sensations in women. Poster presentation at the International Society for the Study of Women's Sexual Health, Atlanta GA, USA.
8. **Handy, A. B.**, & Meston, C. M. (2016, September). Interoceptive awareness moderates the relationship between perceived and physiological genital arousal in women. Poster presentation at the Canadian Sex Research Forum, Quebec City, QC, CA. **Student Award for Best Poster Presentation**
9. De Silva, T., **Handy, A. B.**, Weeks, E., Paterson, L. P. Q., Brotto, L. A. (2016, June). The relationship between sexual concordance and interoception in women with low sexual desire. Poster presentation at the Canadian Psychological Association, Victoria, BC, CA.
10. **Handy, A. B.**, Stanton, A. M., Kilimnik, C. D., Meston, C. M. (2016, February). Differences in why women with and without sexual dysfunction have sex. Poster presentation at the International Society for the Study of Women's Sexual Health, Charleston, SC, USA.
11. Kilimnik, C. D., Pulverman, C. S., **Handy, A. B.**, Meston, C. M. (2016, February). An examination of a continuous measure of subjective sexual arousal in arousal specificity for abused and non-abused women. Poster presentation at the International Society for the Study of Women's Sexual Health, Charleston, SC, USA.
12. Jackowich, R. A., **Handy, A. B.**, Johnson, T. W., & Wassersug, R. W. (2015, July). The impact of voluntary castration on the sexual attractions, fantasies, and relationships of men. Poster presentation at the Puzzle of Sexual Orientation: What is it and how does it work? Lethbridge, AB, CA.
13. Wibowo, E., Wassersug, R. J., **Handy, A. B.**, & Johnson, T. W. (2015, July). The effect of gonadal hormones on the sexuality of castrated males. Poster presentation at the Puzzle of Sexual Orientation: What is it and how does it work? Lethbridge, AB, CA.
14. Lee, T. K., **Handy, A. B.**, Wassersug, R. J., Brotto, L. A., Kwan, W., Oliffe, J. L., & Dowsett, G. W. (2015, April). The impact of prostate cancer on the sex lives and relationships of men-who-have-sex-with-men (MSM): A qualitative study. Poster presentation at the European Society for Radiotherapy and Oncology, Barcelona, ES.
15. **Handy, A. B.**, & Brotto, L. A. (2014, October). Associations between non-consensual sex and sexual distress in East-Asian women. Poster presentation at the Canadian Sex Research Forum, Kingston, ON, CA.
16. **Handy, A. B.**, & Wassersug, R. J. (2014, April). The sexual side of castration narratives. Poster

presentation at the Society for Sex Therapy and Research, Pittsburgh, PA, USA. **Student Research Award Honorable Mention**

CLINICAL EXPERIENCE

- 2018-present **Anxiety & Stress Clinic**
University of Texas at Austin
Supervisor: Jasper Smits, Ph.D.
- ◆ Conducted intake assessments and individual CBT for mood and anxiety disorders
- 2017-2018 **Counseling and Mental Health Center**
University of Texas at Austin
Supervisors: Sylvia Chen, Ph.D., Kristen Pearson, L.C.S.W., & Linett Negroni, L.C.S.W.
- ◆ Conducted intake assessments, individual CBT and interpersonal therapies
 - ◆ Co-facilitated a 10-week group therapy for women survivors of sexual and intimate partner violence
 - ◆ Co-facilitated a 10-week group dialectic behavior therapy for individuals with eating disorders
- 2017-present **Stice Laboratory**
University of Texas at Austin
Supervisors: Eric Stice, Ph.D., Paul Rhode, Ph.D., & Heather Shaw, Ph.D.
- ◆ Conducted 8-week dissonance-based therapy groups for women with eating disorders
 - ◆ Served as a study clinician in an efficacy trial
- 2017 **Anxiety & Health Behaviors Laboratory**
University of Texas at Austin
Supervisor: Jasper Smits, Ph.D.
- ◆ Conducted individual exposure therapy for craving reduction and smoking abstinence
 - ◆ Served as a study clinician in a randomized clinical trial
- 2016-2017 **Psychology Training Clinic (Therapy)**
University of Texas at Austin
Supervisors: Jasper Smits, Ph.D., & Martita Lopez, Ph.D.
- ◆ Conducted intake interviews, administered and interpreted the DSM-V SCID-I, SCID-II, WAIS-IV, MMPI-2, and symptom self-report assessments
 - ◆ Delivered tailored feedback and wrote integrative reports
 - ◆ Performed individual CBT for a variety of mental disorders
- 2016 **Psychology Training Clinic (Assessment)**
University of Texas at Austin
Supervisors: Kirsten Bradbury, Ph.D., & Kim Fromme, Ph.D.
- ◆ Conducted intake interviews and administered, interpreted, and wrote integrative reports for the WAIS-IV and MMPI-2

TEACHING EXPERIENCE

Graduate Teacher's Assistant

*Department of Psychology
University of Texas at Austin*

2017, 2018 Honors Research I & II
2016, 2017 Introduction to Clinical Psychology
2016 Abnormal Psychology
2015 Development of Categories and Concepts

Undergraduate Teacher's Assistant

*Department of Psychology
University of Vermont*

2011, 2012 General Psychology

Mentoring Experience

2017 Intellectual Entrepreneurship Pre-Graduate School Internship, University of Texas at Austin
 ♦ Designed and executed a semester-long curriculum working one-on-one with an undergraduate student providing preparatory exposure to graduate study

2015-present Sexual Psychophysiology Laboratory, University of Texas at Austin
 ♦ Supervisor to 15 undergraduate research assistants

2012-2013 Peer Mentoring Program, University of Vermont
 ♦ Mentored undergraduate students interested in pursuing a career in research

2012-2013 Psi Chi, University of Vermont
 ♦ Coordinated faculty and community presentations to undergraduates in order to build educational and career connections

2012-2013 Psychology Club, University of Vermont
 ♦ Fostered student engagement in UVM's psychology department

GUEST LECTURES

2017 **The Assessment of Personality**
 Introduction to Clinical Psychology
 University of Texas at Austin
 Professor: Michael Telch, Ph.D.
 ♦ Designed and presented a 75-minute lecture to a class of 90 students

2017 **The Assessment of Intelligence**
 Introduction to Clinical Psychology
 University of Texas at Austin

Professor: Michael Telch, Ph.D.

- ◆ Designed and presented a 75-minute lecture to a class of 90 students

PROFESSIONAL AFFILIATIONS

2017-present	Society of Behavioral Medicine
2016-present	Association for Psychological Science
2014-present	Society for Sex Therapy and Research
2012-present	American Psychological Association
2012-present	Sigma Delta Pi (La Sociedad Nacional Honoraria Hispánica)
2011-present	Psi Chi (The International Honor Society in Psychology)