

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
Dissertation: An assessment of vaginal lubrication and blood flow in women taking oral contraceptive pills
Chair of Dissertation Committee: Cindy Meston, Ph.D.
- 2013 **Bachelor of Arts**, Psychology, Spanish
University of Vermont, Burlington, VT, USA
Departmental High Honors
Thesis: Predicting predispositions to risky dating behaviors in college women
Chair of Thesis Committee: Alessandra Rellini, Ph.D.

FELLOWSHIPS

- 2019-2020 **University Graduate Continuing Fellowship**
The Graduate School, University of Texas at Austin
- 2018-2019 **Hixon Graduate Fellowship in Statistics**
Department of Psychology, University of Texas at Austin
- 2018-2019 **Integrated Behavioral Health Fellowship**
Specialized training in integrated behavioral healthcare, interprofessional practice and cultural competency
Department of Psychiatry, 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
- 2017 **Dianne and Jerry Grammer Fellowship for Mental Health Research**
Department of Psychology, University of Texas at Austin
- 2015 **Graduate School Prestigious Recruiting Fellowship**
University of Texas at Austin Office of Graduate Studies

ACADEMIC HONORS, AWARDS & GRANTS

- 2019 **Janet T. Spence Outstanding Teaching Assistant Award**
Department of Psychology, University of Texas at Austin
- 2019 **Best Presentation Award: Female Sexual Dysfunction**
Correlations among physiological lubrication and self-reported sexual arousal in women with and without sexual dysfunction
European Society for Sexual Medicine
- 2018 **M.A.P. Education & Research Foundation Award Honorable Mention**
The influence of interoception on vaginal lubrication
Society for Sex Therapy and Research
- 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 **Student Award for Best Poster Presentation**
Interoceptive awareness moderates the relationship between perceived and physiological genital arousal in women
Canadian Sex Research Forum
- 2015-2018 **Professional Development Award**
Received grants to present original research at relevant conferences
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. Seehuus, M. O., Stanton, A. M., & **Handy, A. B.** (in press). On the content of “real world” sexual fantasy: Results from an analysis of 250,000+ anonymous text-based erotic fantasies. *Archives of Sexual Behavior*.
2. Mallory, A. B., Stanton, A. M., & **Handy, A. B.** (in press). Couples' sexual communication and dimensions of sexual function: A meta-analysis. *Journal of Sex Research*. DOI 10.1080/00224499.2019.1568375
3. **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*. DOI 10.1080/00224499.2018.1468867
4. Stanton, A. M., **Handy, A. B.**, & Meston, C. M. (2018). The effects of exercise on sexual function in

women. *Sexual Medicine Reviews*, 6(4), 548-557. DOI 10.1016/j.sxmr.2018.02.004

5. **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
6. **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(2), 201-216. DOI 10.1016/j.sxmr.2017.11.001
7. 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
8. **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
9. 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
10. 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
11. **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
12. **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
13. 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
14. **Handy, A. B.**, & Johnson, T. W. (2015). Eunuchs on line. *Transgender Studies Quarterly*, 2(4): 710-716. DOI 10.1215/23289252-3151655
15. **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. **Handy, A. B.**, Freihart, B. K., & Meston, C. M. (under review). The relationship between women's subjective and physiological sexual arousal.

In Preparation

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

EDITORIAL ACTIVITIES

2013-present *Ad hoc Reviewer*
Archives of Sexual Behavior
Journal of Sex & Marital Therapy
Journal of Sexual Medicine
Personality and Individual Differences
PLOS One

PEER-REVIEWED CONFERENCE PRESENTATIONS

*denotes undergraduate research assistants under my supervision

Podium Presentations

1. **Handy, A. B.**, & Meston, C. M. (2019, February). Correlations among physiological lubrication and self-reported sexual arousal in women with and without sexual dysfunction. Oral presentation at the European Society for Sexual Medicine, Ljubljana, SI. **Best Presentation Award: Female Sexual Dysfunction**
2. **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**
3. **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.
4. **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.
5. **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.
6. 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.
7. 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.

8. **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.
9. **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.
10. 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.
11. **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.**, & Meston, C. M. (2019, March, accepted). Variations in the agreement between subjective and physiological sexual arousal among women with and without sexual dysfunction: The moderating role of interoception. Poster presentation at the International Society for the Study of Women's Sexual Health, Atlanta, GA, USA.
2. **Handy, A. B.**, Freihart, B. K., Zaleta, L.,* & Meston, C. M. (2019, February). Interoception differentially influences sexual concordance in women with and without sexual dysfunction. Poster presentation at the European Society for Sexual Medicine, Ljubljana, SI. **Highlighted poster**
3. **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.
4. 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.
5. 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**
6. **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.
7. 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.
8. **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.
9. **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.

10. **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**
11. 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.
12. **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.
13. 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.
14. 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.
15. 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.
16. 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.
17. **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.
18. **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 **Bipolar Disorders Integrated Practice Unit**
Dell Medical School
Supervisors: Jorge Almeida, M.D. & Lloyd Berg, Ph.D.
- ◆ Developed and implemented individualized treatment plans for first onset of bipolar disorders I & II and presenting comorbidities

- ◆ Coordinated care with psychologists, psychiatrists, social workers, and peer support
- 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
 - ◆ Conducted intensive (5x/week) therapies for social anxiety and OCD
- 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 a series of efficacy trials
- 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 survivors of sexual violence
 - ◆ Co-facilitated a 10-week DBT group for women with eating disorders
- 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

ADDITIONAL CLINICAL TRAINING

- 2018 **Standardized Patient Training (Motivational Interviewing)**
Integrated Behavioral Health Program, Dell Medical School
Instructors: Mary Velasquez, Ph.D., & Kirk Von Sternberg, Ph.D.
- ◆ Attended half-day workshop practicing MI skills with five standardized patients
 - ◆ MI coach observed each session, offered feedback, and assessed implementation of

feedback in subsequent session

- 2018 **Motivational Interviewing**
Integrated Behavioral Health Program, Dell Medical School
Instructors: Lloyd Berg, Ph.D., & Jane Gray, Ph.D.
- ◆ Attended two-day course on motivational interviewing
 - ◆ Participated in group activities, observations, and discussions
- 2018 **Intensive Training in Evidence-Based Practice**
Counseling and Mental Health Center, University of Texas at Austin
Instructors: Diana Damer, Ph.D., Penny Kruger, L.C.S.W., & Jo Eckler, Ph.D.
- ◆ Attended three half-day courses on CBT, DBT, and ACT
 - ◆ Training in applying evidence-based approaches to short-term and group therapy
- 2017 **Prolonged Exposure Therapy Intensive for PTSD**
University of Texas at Austin & Baylor University Medical Center
Instructor: Mark B. Powers, Ph.D.
- ◆ Attended two-day course on the treatment and assessment of PTSD
 - ◆ Reviewed recent advances in PTSD treatment research
 - ◆ Viewed exposure demonstrations and participated in role-plays

TEACHING EXPERIENCE

Graduate Teacher's Assistant *Department of Psychology* *University of Texas at Austin*

- 2017-2019 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 Introduction to Psychology

Mentoring Experience

- 2017 Intellectual Entrepreneurship Pre-Graduate 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

- 2019 **Integrating Care for Bipolar Patients**
 Psychiatry Grand Rounds
 Dell Medical School
- ◆ Co-presented 60-minute lecture on bipolar disorder, integrated care, and selected case study for psychiatry residents
- 2017 **The Assessment of Personality**
 Introduction to Clinical Psychology
 University of Texas at Austin
- ◆ 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
- ◆ 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)