

CURRICULUM VITAE

Bridget K. Freihart, MSW, MA

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Education

- 2017-present** **University of Texas at Austin** | College of Liberal Arts | Austin, TX
- Clinical Psychology Doctoral Student
 - PhD anticipated May 2023, MA awarded December 2019
 - Lab Affiliation: The Sexual Psychophysiology Laboratory
 - Advisor: Dr. Cindy Meston
- 2014-2016** **University of California, Berkeley** | School of Social Welfare | Berkeley, CA
- Master of Social Welfare, degree awarded May 2016
 - Master's Project: Exploring Predictive Risk Factors for Adolescent Crisis Stabilization Unit Readmission
- 2009-2013** **New York University** | Steinhardt School of Culture, Education, and Human Development | New York, NY
- Bachelor of Science in Applied Psychology with a minor in Politics, degree awarded May 2013

Fellowships and Awards

- 2020** **Graduate School Continuing Fellowship**
Department of Psychology, University of Texas at Austin
- 2020** **Rick and Paula Short Fellowship**
Department of Psychology, University of Texas at Austin
- 2018** **Summer Research Fellowship**
Department of Psychology, University of Texas at Austin
- 2018-2020** **Professional Development Awards**
Department of Psychology, University of Texas at Austin
- 2015-2016** **California Child Welfare Leadership and Training Fellowship**
University of California, Berkeley through the National Child Welfare Workforce Initiative

Research Grants

- 2020** **Scholars in Women's Sexual Health Research Grant**
International Society for the Study of Women's Sexual Health

Peer-Reviewed Journal Publications

Published

1. Arteaga, S., Gomez, A.M., **Freihart, B.K.** (In press). If things were different in my life: Structural inequity and pregnancy desires in emerging adulthood. *Archives of Sexual Behavior*.
2. **Freihart, B.K.**, Sears, M., & Meston, C.M. (2020). Interpersonal and relational predictors of sexual satisfaction. *Current Sexual Health Reports*.
3. Handy, A., **Freihart, B.K.**, Meston, C.M. (2020). The relationship between subjective and physiological sexual arousal in women with and without arousal concerns. *Journal of Sex and Marital Therapy*.
4. **Freihart, B.K.** & Meston, C.M. (2019). Preliminary evidence for a relationship between physiological synchrony and sexual satisfaction in opposite-sex couples. *Journal of Sexual Medicine*.
5. Arteaga, S., Downey, M., & **Freihart, B.K.**, Gomez, A.M. (2019). “We kind of met in-between”: A qualitative analysis of young couples’ relationship dynamics and negotiations about pregnancy intentions. *Perspectives on Sexual and Reproductive Health*.
6. Meston, C.M., **Freihart, B.K.**, Handy, A., Kilimnik, C.D., Rosen, R. (2019). Scoring and interpretation of the FSFI: What can be learned from 20 years of use? *Journal of Sexual Medicine*
7. Meston, C., Kilimnik, C., **Freihart, B.K.**, & Buss, D. (2019). Why humans have sex: The development and psychometric assessment of a short-form version of the YSEX? instrument. *Journal of Sex and Marital Therapy*.
8. Gomez, A.M., Arteaga, S., Villaseñor, E., Arcara, J., **Freihart, B.K.** (2019). The misclassification of pregnancy ambivalence: A mixed methods analysis. *Perspectives on Sexual and Reproductive Health*, 51(1), 7-15.
9. Gomez, A.M. & **Freihart, B.K.** (2017). Motivations for interest, disinterest, and uncertainty for intrauterine device use among young women. *Journal of Maternal and Child Health*, 21(9), 1753-1762.

Under Review

1. Handy, A., **Freihart, B.K.**, Meston, C.M. (Manuscript revised and resubmitted). Experience and importance of genital arousal sensations varies by sexual function.
2. **Freihart, B.K.**, Crosby, C. Stephenson, K., & Meston, C.M. (Manuscript revised and resubmitted). The psychometric evaluation of a five-factor sexual satisfaction and distress scale for men: The sexual satisfaction scale for men (SSS-M).
3. Hsu, K.J., Carl, E., DiVita, A., Feldman, T., Foulser, A.A., **Freihart, B.K.**, Madole, J., McNamara, M.E., Stein, A.T., Rubin, M., Tretyak, V., & Smits, J. (Manuscript submitted). Rising to the occasion of this COVID-19-impacted nation: Development, implementation, and feasibility of the Brief Assessment-informed Skills Intervention for COVID-19 (BASIC).

Peer-Reviewed Book Chapters

1. **Freihart, B.K.**, Stephenson, K.R., Williams, P.B., Meston, C.M. (Chapter under review). Sexual satisfaction and gender differences. *The Encyclopedia of Quality of Life and Wellbeing Research*.
2. Meston, C.M., **Freihart, B.K.**, Stanton, A.M. (Chapter under review). Sexual dysfunction. *Oxford Textbook of Psychopathology*

Conference Presentations

*denotes undergraduate supervisee co-author

Podium Presentations

1. **Freihart, B.K.**, Whitman, A.* & Meston, C.M. (2020, March). *The moderation effect of physiological synchrony on couple-level sexual satisfaction during conversation-based tasks*. Presented at the meeting of the International Society for the Study of Women's Sexual Health in Orlando, FL.
2. **Freihart, B.K.**, Sears, M.* & Meston, C.M. (2019, March). *Preliminary evidence for a relationship between physiological synchrony and sexual satisfaction*. Presented at the joint meeting of the International Society for Sexual Medicine and the International Society for the Study of Women's Sexual Health in Atlanta, GA.
3. **Freihart, B.K.**, Arteaga, S., Arcara, J., & Gomez, A.M. (2017, January). *If things were different in my life: Structural inequity and childbearing desires in emerging adulthood*. Presented at the Society for Social Work and Research Conference in New Orleans, LA.
4. Gomez, A.M., Arcara, J., **Freihart, B.K.**, Villaseñor, E., and Arteaga, S. (2016, November). *It's not right, but is it okay: The acceptability of unintended pregnancy among young couples*. Presented at the North American Forum on Family Planning in Denver, CO.
5. Arcara, J., Arteaga, S., **Freihart, B.K.**, Villaseñor, E., & Gomez, A. (2016, November). *Operationalizing pregnancy supportability in young couples' pregnancy intentions*. Presented at the North American Forum on Family Planning in Denver, CO.
6. Gomez, A.M., **Freihart, B.K.**, Arteaga, S. & Villaseñor, E. (2016, March). *Unpacking and moving beyond ambivalence: A qualitative study of young couples' pregnancy intentions*. Presented at the Population Association of America Conference in Washington, D.C.
7. Gomez, A.M., Arteaga, S., **Freihart, B.K.**, & Villaseñor, E. (2016, June). *Unintended pregnancy prevention: Public health imperative, clinical outcome, or reproductive justice?* Presented at the Abortion and Reproductive Justice Conference in Belfast, Northern Ireland
8. Gomez, A.M., Arteaga, S., **Freihart, B.K.**, & Villaseñor, E. (2016, March). *Does it take two? A qualitative analysis of pregnancy intentions among young couples*. Presented at the at the Psychosocial Workshop in Washington, D.C.

Poster Presentations

1. **Freihart, B.K.**, Kilimnik, C., Buss, D., & Meston, C.M. (2019, March). *Validation of a short-form version of the YSEX? instrument*. Presented at the joint meeting of the International Society for Sexual Medicine and the International Society for the Study of Women's Sexual Health in Atlanta, GA.

2. Handy, A., **Freihart, B.K.**, Zaleta, L.,* & Meston, C.M. (2019, February). *The relationship between physiological and subjective sexual arousal in women with and without arousal concerns*. Presented at the Congress of the European Society of Sexual Medicine in Ljubljana, Slovenia.
3. Handy, A., **Freihart, B.K.**, Zaleta, L.,* & Meston, C.M. (2019, March). *The relationship between physiological and subjective sexual arousal in women with and without arousal concerns*. Presented at the joint meeting of the International Society for Sexual Medicine and the International Society for the Study of Women's Sexual Health in Atlanta, GA.
4. **Freihart, B.K.**, Kilimnik, C., Buss, D. & Meston, C.M. (2018, February). *Preliminary examinations of a short form version of the YSEX scale*. Presented at the International Society for the Study of Women's Sexual Health in San Diego, CA.
5. Gomez, A.M., Arteaga, S., **Freihart, B.K.**, & Villaseñor, E. (2016, March). *Does it take two? A qualitative analysis of pregnancy intentions among young couples*. Presented at the Population Association of America Conference in Washington, D.C.

Research Experience

Sexual Psychophysiology Laboratory
Department of Psychology
The University of Texas at Austin
Austin, TX

2018-present *Title:* An Examination of the Relationship Between Physiological Synchrony and Sexual Satisfaction
Aim: To elucidate the relationship between physiological coregulation and sexual well-being among adults in romantic relationships
Role: Principal Investigator, *Supervisor:* Dr. Cindy Meston

2017-present *Title:* Validation of the YSEX-Short Form Questionnaire
Aim: To increase the utility and accessibility of the YSEX scale by developing and validating a short-form version
Role: Co-investigator, *Supervisor:* Dr. Cindy Meston

Sexual Health and Reproductive Equity Program
School of Social Welfare
University of California, Berkeley
Berkeley, CA

2014-2016 *Title:* The Young Couples Study
Aim: To examine sexual decision-making, contraceptive patterns, and pregnancy desires amongst young couples, and to develop a new psychometric measure to assess prospective feelings of pregnancy desire and acceptability
Role: Staff Research Associate, *Supervisor:* Dr. Anu Gomez

Applied Psychology Department
New York University
New York, NY

2013 *Title:* The Parent Mobilization Project

Aim: To use a participatory action design to examine the predictors of parental involvement in educational activism

Role: Research Assistant, *Supervisors:* Dr. Justina Grayman and Dr. Erin Godfrey

Clinical Experience

- 2020-present Advanced Practicum Clinician**, UT Austin Counseling and Mental Health Center
- Conducts short-term and single session counseling session for UT students struggling with a wide range of mental health concerns
 - Conducts regular suicide and risk assessments and develops responsive safety plans
- 2019-present Advanced Practicum Clinician**, University of Texas at Austin, Anxiety and Stress Clinic
- Conducts assessments for patients presenting with a wide range of psychopathology
 - Provides empirically-supported therapy, using techniques including Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Exposure and Response Prevention, and Prolonged Exposure.
- 2019-2020 Advanced Practicum Clinician**, The Center for Relationships
- Conducts individual and couple assessments to determine areas of strength and growth in romantic relationships
 - Provides empirically-supported couples therapy, including Gottman Method therapy
- 2018-2019 Clinical Trainee**, University of Texas at Austin, Psychology Training Clinic
- Conducts intake sessions and develops diagnoses based on clinical interviews and other assessment and diagnostic tools such as the SCID-CV, WAIS-IV, and MMPI-2
 - Delivers feedback and prepares integrative reports
 - Provides individualized weekly therapy based in empirically supported methods, including CBT
- 2018 Assessment Trainee**, University of Texas at Austin, Psychology Training Clinic
- Conducted clinical interviews and administered the WAIS-IV and MMPI-2 in order to prepare integrated reports
- 2015-2016 Clinical Intern**, Seneca Family of Agencies: San Francisco Connections
- Provided mental health interventions, including therapy, intensive home rehabilitation, permanency services, and intensive care-coordination for youth involved in the child welfare system
 - Coordinated family and provider meetings to ensure consistency of care across services
- 2014-2015 Clinical Intern**, Seneca Family of Agencies: Building Blocks
- Provided trauma-informed individual, group, and family therapy at a special day school for children with identified mental health needs
 - Responsible for comprehensive assessment and intervention planning
- 2012-2013 Substance Abuse Counseling and Education Services Intern**, Rivington House
- Conducted one-on-one sessions with residents at a facility for adults with HIV/AIDS, and co-facilitated weekly substance abuse groups
 - Conducted a research project to examine the impact of Methadone Maintenance Treatment on health-related quality of life outcomes
- 2010-2012 Chapter Co-Founder**, Writing Our Dreams Project

- Co-founded of the New York Branch of an intervention program that seeks to help adolescents from multi-stressed urban communities develop increased coping skills utilizing creative writing as a therapeutic tool

Strategic Planning Experience

- 2016-2017** **Strategic Initiatives Project Manager**, Seneca Family of Agencies: Department of Development, Evaluation, and Strategic Initiatives
- Assisted with the planning and development of large-scale mental health programs for children, youth, and their families, with an emphasis on culturally responsive and evidence-based services
 - Researched and developed written proposals in response to requests for proposals issued by local, county, state, and federal agencies and private foundations
 - Designed program budgets for proposals to county, state, federal, and private agencies

Teaching Experience

Teaching Assistantships
Department of Psychology
University of Texas at Austin

- 2019-2020** Clinical Practicum I & II (includes direct supervision of student clinical work)
2018 Statistics and Research Design (includes direct teaching of weekly Lab section)
2018, 2019 Human Sexuality
2017 Development of the Attachment Relationship

Guest Lectures

- 2017** **When Attachment Relationships are Disrupted: Consequences and Clinical Treatments**
 Development of the Attachment Relationship
 University of Texas at Austin
 Professor: Dr. Ann Repp, PhD.

Mentoring Experience

- 2019-present** Practicum Teaching Assistant
- Serves as a peer clinical supervisor for more junior doctoral students in the program
- 2018** Teaching Assistant for Undergraduate Statistics and Research Design class
- Oversaw undergraduate research projects from hypothesis formulation through data collection and analysis
- 2017-present** Sexual Psychophysiology Laboratory, The University of Texas at Austin
- Supervisor to ten undergraduate research assistants