

CURRICULUM VITAE

Ariel B. Handy

Department of Psychology
McLean Hospital/Harvard Medical School
115 Mill Street
Boston, MA 02478
ahandy@mclean.harvard.edu

EDUCATION

- 2015-2021
(expected) **Doctor of Philosophy**, Clinical Psychology
The 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
The 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.

PREDOCTORAL TRAINING

- 2020-present **APA-Accredited Predoctoral Internship in Psychology**
Adult track, Department of Psychology
McLean Hospital/Harvard Medical School

FELLOWSHIPS

- 2019-2020 **University Graduate Continuing Fellowship**
The Graduate School, The 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 **Hixon Graduate Fellowship in Statistics**
Department of Psychology, The University of Texas at Austin
- 2018 **Carl J. and Tamara M. Tricoli Endowed Fellowship**
College of Liberal Arts, The University of Texas at Austin
- 2018, 2019 **Jennifer Jean Malin Endowed Fellowship in Psychology**
Department of Psychology, The University of Texas at Austin

2017 **Dianne and Jerry Grammer Fellowship for Mental Health Research**
Department of Psychology, The University of Texas at Austin

2015 **Graduate School Prestigious Recruiting Fellowship**
Office of Graduate Studies, The University of Texas at Austin

ACADEMIC HONORS, AWARDS & GRANTS

2020 **Routledge Young Investigator Award**
Best manuscript published in the Journal of Sex & Marital Therapy by a clinician within 5 years of receiving their degree
An objective measure of vaginal lubrication in women with and without sexual arousal concerns
Society for Sex Therapy and Research

2020 **Sexual Tipping Point Award**
Best abstract addressing biomedical, psychosocial, and cultural factors in understanding, diagnosing, and treating sexual disorders
Oral contraceptive use influences subjective and physiological sexual arousal
M.A.P. Education & Research Foundation

2019 **ISSWSH Scholars in Women's Sexual Health Research Grant**
Does sex hormone binding globulin mediate the relationship between oral contraceptive use and physiological sexual arousal?
International Society for the Study of Women's Sexual Health

2019 **Janet T. Spence Outstanding Teaching Assistant Award**
Department of Psychology, The 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 **Sexual Tipping Point Award Honorable Mention**
The influence of interoception on vaginal lubrication
M.A.P. Education & Research Foundation

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

- 2016-2019 **Developmental Summer Research Award**
 Department of Psychology, The University of Texas at Austin
- 2015-2019 **Professional Development Award**
 Received grants to present original research at relevant conferences
 Office of Graduate Studies, The University of Texas at Austin
- 2014 **Student Research Award Honorable Mention**
The sexual side of castration narratives
 Society for Sex Therapy and Research

PEER-REVIWED PUBLICATIONS

* denotes undergraduate or baccalaureate students under my supervision

Published/In Press

1. Seehuus, M. O., **Handy, A. B.**, & Stanton, A. M. (in press) Change in the popularity of “transgressive” content in written erotica between 2000 and 2016. *Journal of Sex Research*. DOI 10.1080/00224499.2020.1716206
2. **Handy, A. B.**, & Meston, C. M. (2021). An objective measure of vaginal lubrication in women with and without sexual arousal concerns. *Journal of Sex & Marital Therapy*, 47(1), 32-42. DOI 10.1080/0092623X.2020.1801542
3. Seehuus, M. O., Stanton, A. M., **Handy, A. B.**, Haik, A. K., Gorman, R., & Clifton, J. (2020). Impact of COVID-19 predicts perceived risk more strongly than known risk factors. *Journal of Psychosomatic Research*, 140, 110299. DOI 10.1016/j.jpsychores.2020.110299
4. **Handy, A. B.**, Freihart, B. K., & Meston, C. M. (2020). The relationship between subjective and physiological sexual arousal in women with and without sexual arousal concerns. *Journal of Sex & Marital Therapy*, 46(5), 447-459. DOI 10.1080/0092623X.2020.1758859
5. Meston, C. M., Freihart, B. K., **Handy, A. B.**, Kilimnik, C. D., & Rosen, R. (2020). Scoring and interpretation of the FSFI: What can be learned from 20 years of use? *Journal of Sexual Medicine*, 17(1), 17-25. DOI 10.1016/j.jsxm.2019.10.007
6. Mallory, A. B., Stanton, A. M., & **Handy, A. B.** (2019). Couples’ sexual communication and dimensions of sexual function: A meta-analysis. *Journal of Sex Research*, 56(7), 882-898. DOI 10.1080/00224499.2019.1568375
7. Seehuus, M. O., Stanton, A. M., & **Handy, A. B.** (2019). On the content of “real world” sexual fantasy: Results from an analysis of 250,000+ anonymous text-based erotic fantasies. *Archives of Sexual Behavior*, 48(3), 725-737. DOI 10.1007/s10508-018-1334-0
8. **Handy, A. B.**, Stanton, A. M., & Meston, C. M. (2019). What does sexual arousal mean to you? Women with and without sexual arousal concerns describe their experiences. *Journal of Sex Research*, 56(3), 345-355. DOI 10.1080/00224499.2018.1468867

9. 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
10. **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
11. **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
12. 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
13. **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
14. 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
15. 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
16. **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
17. **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
18. 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
19. **Handy, A. B.**, & Johnson, T. W. (2015). Eunuchs online. *Transgender Studies Quarterly*, 2(4): 710-716. DOI 10.1215/23289252-3151655
20. **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 importance of genital arousal sensations varies by sexual function.
2. Sia, S. H. M.,* & **Handy, A. B.** (under review). Associations between sexual self-efficacy and risky sexual behaviors: A systematic review.
3. **Handy, A. B.**, Stanton, A. M., Haik, A. K., Clifton, J., & Seehuus, M. O. (under review). Personal impact of COVID-19 predicts mental health burden.

EDITORIAL ACTIVITIES

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

PEER-REVIEWED CONFERENCE PRESENTATIONS

Podium Presentations

1. **Handy, A. B.**, & Meston, C. M. (2020, March). Oral contraceptive use influences subjective and physiological sexual arousal. Oral presentation at the International Society for the Study of Women's Sexual Health, Orlando, FL, USA. **Sexual Tipping Point Award**
2. **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**
3. **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. **Sexual Tipping Point Award Honorable Mention**
4. **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.
5. **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.
6. **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.

7. 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.
8. 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.
9. **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.
10. **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.
11. 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.
12. **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). 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. Flowers, S. N.,* Smits, J. A., Papini, S., **Handy, A. B.** (2018, October). Brief yoga compared to psychoeducation for test anxiety: A randomized controlled experiment. Poster presentation at the annual Pure Action Yoga Research Conference, Austin, TX, USA.
4. Flowers, S. N.,* Smits, J. A., Papini, S., **Handy, A. B.** (2018, May). Brief yoga compared to psychoeducation for test anxiety: A randomized controlled experiment. Poster presentation at The University of Texas Honors Day, Austin, TX, USA.
5. Flowers, S. N.,* Smits, J. A., Papini, S., **Handy, A. B.** (2018, May). Brief yoga compared to psychoeducation for test anxiety: A randomized controlled experiment. Poster presentation at The University of Texas Undergraduate Research, Austin, TX, USA.
6. **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.

7. 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.
8. 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**
9. **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.
10. 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.
11. **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.
12. **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.
13. **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**
14. 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.
15. **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.
16. 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.
17. 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.

18. 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.
19. 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.
20. **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.
21. **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

- 2020-present **Clinical Fellow in Psychology, Department of Psychology
McLean Hospital/Harvard Medical School**
Supervisors: Philip Levendusky, Ph.D., Thröstur Björgvinsson, Ph.D., Mark Goldblatt, M.D., Kurt Brenner, Ph.D., David Stember, Ph.D., & Susan Parks-Cohen, Ph.D.
- ◆ Co-facilitated CBT/DBT/ACT groups for PHP patients
 - ◆ Case management for PHP patients, including individual and family meetings, and establishing/coordinating care with outpatient providers
 - ◆ Brief individual psychotherapy with adults with severe depressive, anxiety, psychotic, substance use, and personality disorders
 - ◆ Provided long-term outpatient therapy for individuals with first episode psychosis
 - ◆ Provided long-term residential therapy for individuals with serious mental illness
 - ◆ Coordinated care with psychiatrists, social workers, and vocational counselor
 - ◆ Five hours of weekly clinical supervision (individual and group)
- 2019-2020 **Practicum student, Eating Recovery Center**
Supervisor: Allison Chase, Ph.D.
- ◆ Co-facilitated CBT/DBT and process groups for PHP patients
 - ◆ Developed novel content for sexuality group
 - ◆ Shadowed and coordinated care with psychiatrists, nutritionists, and social workers
 - ◆ Supervised snacks and meals
- 2018-2019 **Practicum student, 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 **Practicum student, Anxiety & Stress Clinic**
The 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
- 2017-2019 **Study clinician, The Body Project**
The 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 **Practicum student, Counseling and Mental Health Center**
The 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 **Study clinician, Anxiety & Health Behaviors Laboratory**
The 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 **Practicum student, Psychology Training Clinic (Therapy)**
The 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 **Practicum student, Psychology Training Clinic (Assessment)**
The 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

- 2019 **Clinical Supervision & Consultation**
Department of Educational Psychology, The University of Texas at Austin
Instructor: Jane Gray, Ph.D.
- ◆ Attended full-day workshop on models and practices of supervision and consultation
 - ◆ Participated in role-plays and discussions

- 2019 **Introduction to Recovery Practice**
 UT Health San Antonio and Hogg Foundation for Mental Health
 Instructors: Matt Brown, Ph.D., & Janet Paleo
- ◆ Attended half-day workshop on recovery from serious mental illness
- 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, The 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**
 The 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

Course Instructor

Department of Psychiatry, Dell Medical School and Ascension Seton

- 2020 PGY-4 Advanced CBT
 2019 PGY-2 Skills & Practice of CBT
 2019 PGY-2 Fundamentals of CBT

Graduate Teaching Assistantship

Department of Psychology, The University of Texas at Austin

- 2017-2019 Honors Research I & II **Janet T. Spence Outstanding Teaching Assistant Award**
 2016, 2017 Introduction to Clinical Psychology
 2016 Abnormal Psychology
 2015 Development of Categories and Concepts

Undergraduate Teaching Assistantship
Department of Psychology, The University of Vermont

2011, 2012 Introduction to Psychology

MENTORING EXPERIENCE

- 2017-2019 Undergraduate Honor's Thesis, The University of Texas at Austin
- ◆ Closely supervised and assisted two students with their undergraduate Honor's theses
 - ◆ Guided study design, thesis writing, statistical analyses, and interpretation
- 2017, 2020 Intellectual Entrepreneurship Pre-Graduate Internship, The University of Texas at Austin
- ◆ Designed and executed two semester-long curricula working one-on-one with two undergraduate students providing preparatory exposure to graduate study
- 2015-present Sexual Psychophysiology Laboratory, The University of Texas at Austin
- ◆ Supervisor to 20+ undergraduate research assistants
- 2012-2013 Peer Mentoring Program, The University of Vermont
- ◆ Mentored undergraduate students interested in pursuing a career in research
- 2012-2013 Psi Chi, The University of Vermont
- ◆ Coordinated faculty and community presentations to undergraduates in order to build educational and career connections
- 2012-2013 Psychology Club, The 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 grand rounds on bipolar disorder, integrated care, and selected case study for providers and psychiatry residents
- 2017 **The Assessment of Personality**
Introduction to Clinical Psychology
The 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
The 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)