

CURRICULUM VITAE

SYDNEY STEVENS

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EDUCATION

Texas A&M University, College Station, Texas *Anticipated Graduation Date:* August 2025

Ph.D. in Counseling Psychology (in progress)

Committee: Dr. Charles R. Ridley (Chair), Dr. Eunkyeng Baek, Dr. Kelly Lee, & Dr. Annmarie

MacNamara

Cumulative GPR: 4.0

Texas A&M University, College Station, Texas December 2021

Master of Education in Educational Psychology

Committee: Dr. Dan Brossart (Chair), Dr. Timothy Elliott, Dr. Annmarie MacNamara

Cumulative GPR: 4.0

Texas A&M University, College Station, Texas May 2020

Bachelor of Science in Psychology, Summa Cum Laude

Minor in Neuroscience, Certificate in Applied Behavioral Health

Cumulative GPR: 3.91

CLINICALLY RELEVANT EXPERIENCE

Behavioral Health Consultant, Bryan, Texas June 2023 – Present

Telebehavioral Care Clinic (TBC); HealthPoint Memorial Clinic

Supervisors: Dr. Evelyn Perez (June 2023 – Present) & Dr. Kelly Sopchak (June 2023 – Present)

- \$25,000 competitive Fellowship awarded through the Health Resources and Services Administration (HRSA).
- Provide brief (i.e., thirty minute), short-term (i.e., three-to-five sessions) interventions to children, adolescents, and adults at a local medical clinic.
- Provide manualized treatments for trauma responses (i.e., Trauma Focused-CBT).
- Collaborate with an interdisciplinary care team to determine appropriate treatment recommendations and diagnoses.
- Receive two hours of Integrated Behavioral Health case consultation/group supervision and one hour of individual supervision from Licensed Psychologists weekly.
- Receive didactic training in the following topics:
 - Telehealth Training
 - Introduction to Integrated Behavioral Health (IBH) Training
 - Social Determinants of Health (SDH) and Adverse Childhood Experiences (ACES)
 - Laws and Ethics with Youth
 - Treating Trauma
 - Evidence Based Treatment with Youth
 - LGBTQIA+
 - Problematic Technology Use and Youth
 - Parenting Prep
 - Success in Systems
 - Tele-Kid Care 101
 - TeamSTEPPS
 - Working with Non-Traditional Partners in Care
 - National Provider Identifier and Loan Repayment
 - IPV/Sexual Assault
- Manage caseload of 14-17 patients.

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Peer Supervisor, College Station, Texas

August 2023 – Present

Texas A&M Training Clinic for Counseling & School Psychology Students

- Provide instruction on counseling microskills as a co-teacher for the Techniques of Counseling lab for first-year counseling psychology doctoral students and master's students.
- Provide peer supervision to three first-year school psychology master's students.
- Utilize a developmental model of supervision to evaluate skills and provide developmentally appropriate feedback to supervisees.

Practicum Assessment Counselor, College Station, Texas

August 2022 – May 2023

Texas A&M University Counseling and Assessment Clinic (CAC)

Supervisors: Dr. Kelly Lee (August 2022 – February 2023), Mikaela Spooner, M.Ed. (August 2022 – May 2023; Student Supervisor), Dr. Krystal Simmons (February 2023 – May 2023)

- Evaluated client's cognitive, academic, and psychological functioning to determine appropriate diagnoses and treatment recommendations.
- Administered and completed the report write-up of the following neuropsychological and psychodiagnostics assessments:
 - APA DSM-5 Severity Measure for Social Anxiety Disorder
 - Beck Anxiety Inventory (BAI)
 - Beck Depression Inventory II (BDI-II)
 - Behavior Rating Inventory of Executive Function – Adult (Self-Report and Informant Report)
 - Clinician Administered Post Traumatic Stress Disorder Scale
 - Conners Adult ADHD Rating Scales (Self-Report: Long Version and Observer Report: Long Version)
 - Conners Continuous Performance Test, Third Edition (CPT-3)
 - Delis-Kaplan Executive Function System (D-KEFS)
 - Feifer Assessment of Reading (FAR)
 - Woodcock-Johnson (IV Tests of Cognitive Abilities (WJ-IV COG)
 - Life Events Checklist
 - Minnesota Multiphasic Personality Inventory-3 (MMPI-3)
 - Personality Assessment Inventory (PAI)
 - PTSD Checklist for DSM-5 (PCL-5)
 - School Motivation and Learning Strategies Inventory (SMALSI)
 - Social Responsiveness Scale, Second Edition (SRS-2)
 - Structured Clinical Interview for DSM-5 (SCID-5)
 - Test of Memory Malingering (TOMM)
 - Wechsler Individual Achievement Test (WIAT)
 - Woodcock-Johnson IV Tests of Achievement (WJ-IV ACH)
 - Yale-Brown Obsessive Compulsive Scale
- Completed three integrated reports.

Practicum Counselor, College Station, Texas

January 2022 – May 2023

Texas A&M University Counseling & Psychological Services (CAPS)

Individual Supervisors: Betoool Ridha, M.A., Doctoral Intern (January 2022 – May 2022); Dylan Harrell, Doctoral Intern (June 2022 – July 2022); Dr. Sidai Dong (August 2022 – May 2023)

Group Supervisor: Dr. Danielle Broxon (January 2022 – May 2023)

- Provided in-person therapy and teletherapy via zoom to Texas A&M University students.
- Engaged in 6-10 hours of direct service each week.
- Received two hours of weekly group supervision from a Licensed Psychologist and 2 hours of weekly individual supervision from a Doctoral Intern or Psychologist attaining licensure.
- Provided crisis intervention to clients in acute distress from Fall 2022 – Spring 2023.

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- Led psychoeducational workshops related to Overcoming Perfectionism and Getting Unstuck.
- Engaged in outreach presentations to provide information and resources to the community.
- Co-facilitated Family Dynamic Support Group during the Fall 2022 semester. This was a closed group with about five to six members that met weekly for six weeks, during which we discussed things such as appropriate boundary setting, healthy communication, and family structures.
- Process-observed the Managing Anxiety Therapy Group during Summer 2022.
- Attended weekly didactic seminar training on various topics such as Mindfulness, Dialectical Behavior Therapy (DBT), and Suicidality and Self-Injury during Spring 2022 semester.

Practicum Counselor, Bryan, Texas

January 2021 – December 2021

Counseling and Assessment Clinic (CAC)

*Supervisors: Dr. Kelly Lee (January 2021 – May 2021), Dr. Charles Ridley (May 2021 – August 2021),
Dr. Anita McCormick (August 2021 – December 2021)*

- Provided in-person therapy and teletherapy via the Mend platform to community residents under the supervision of a licensed psychologist.
- Developed case conceptualizations for review by supervisor.
- Identified potential diagnoses and formulated treatment plans for caseload of eight clients.
- Attended weekly learning community meetings for professional development and skill maintenance

Clinical Interviewer, Texas A&M University

Multimethod Affect and Cognition Lab (MACLab)

September 2021 – Present

Principal Investigator: Dr. Annmarie MacNamara, Ph.D.

- Administer Structured Clinical Interview for the DSM-5 (SCID-5; 41 to date) and Columbia Suicide Severity Rating Scale (C-SSRS; 41 to date).
- Supervised clinical interviewers in training.
- Receive 1 hour of weekly supervision from a Licensed Psychologist (licensed in a different state) with research lab to maintain interrater reliability.

RESEARCH EXPERIENCE

Multicultural Training & Supervision Lab, Texas A&M University & Southern Illinois University

Principal Investigator: Dr. Ankita Sahu

September 2021 – November 2022

Project Title: *Multicultural and Social Justice Training Integration*

Protocol Number: 22109

- Attended weekly meetings with research group to discuss progress and continue development of research protocol.
- Assisted in development of a questionnaire assessing Multicultural Counseling Competence and Social Justice Advocacy integration in psychology graduate programs.
- Developed and identified measures and tools to be used for research study (e.g., demographics questionnaire; Multicultural Training and Education Questionnaire (MTEQ)).
- Engaged in literature reviews of multicultural counseling literature to determine areas in need of improvement or further research.
- Utilized Qualtrics to make questionnaire for our study.
- Aided in dissemination of questionnaire by emailing training directors of APA accredited programs.

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Multimethod Affect and Cognition Lab (MACLab), Texas A&M University

Principal Investigator: Dr. Annmarie MacNamara

March 2021 – Present

- Assist on project comparing the effect of a positive affect intervention and control intervention for college students with depressive symptoms.
- Deliver 45-minute-long psychological interventions based on cognitive behavioral therapy to college aged individuals.

CONFERENCE PRESENTATIONS & POSTERS

Park, H. J., **Stevens, S. M.**, & MacNamara, A. (2023, October 13). *General functional connectivity moderates the association between internalizing symptoms and negative affect instability* [Poster presentation]. Texas A&M Psychological and Brain Sciences 2nd Year Poster Session, College Station, TX.

Park, H., **Stevens, S. M.**, & MacNamara, A. (2023). *Internalizing psychopathology and instability in daily negative affect: moderating roles of the salience network and central executive network*. Poster presented at Society for Psychophysiological Research Annual Meeting, New Orleans, LA.

Park, H., **Stevens, S. M.**, & MacNamara, A. (2023). *General Functional Connectivity Moderates the Association between Internalizing symptoms and negative affect instability*. Poster presented at Society of Biological Psychiatry Annual Meeting, San Diego, CA.

Park, H. J., **Stevens, S. M.**, & MacNamara, A. (2023). *Intrinsic network connectivity moderates the association between depressive symptoms and restricted range in emotional response*. Poster presented at Society of Biological Psychiatry Annual Meeting, San Diego, CA.

Park, H., **Stevens, S. M.**, & MacNamara, A. (2023). *The Moderating Role of Intrinsic Functional Connectivity Networks in the Association between Depressive Symptoms and Affect Dynamics*. Poster presented at Society of Biological Psychiatry Annual Meeting, San Diego, CA.

Bell, A. S., **Stevens, S. M.**, McWhorter, E. C., Yoon, M., Wade, L., & Elliott, T. R. (2023). *Factor structure of the Mental Health Continuum – Short Form Among Persons with SCI/D*. Poster presented at the Rehabilitation Psychology Mid-Year Conference, Austin, TX.

McWhorter, E. C., Bell, A. S., Kim, D. H., **Stevens, S. M.**, Terrazas, A., Escamilla, L., Daily, E. A., & Lee, K. (2022). *Limited access to normative information as a barrier for culturally informed psychological assessment*. Poster accepted to the Texas Psychological Association Annual Convention, San Antonio, TX.

Stevens, S. M., Terrazas, A., McWhorter, E. C., Kim, D. H., Bell, A. S., Escamilla, L., Daily, E. A., & Lee, K. (2022). *Ethical issues with normative sampling: The inconvenient truth nobody wants to face*. Poster accepted to the American Psychological Association Annual Convention, Minneapolis, MN.

PUBLICATIONS

Bell, A. S., **Stevens, S. M.**, McWhorter, Emma C., Yoon, M., Wade, L., & Elliott, T. R. (2023). *Factor structure of the Mental Health Continuum – Short Form (MHC-SF) among persons with spinal cord injuries and disorders*. Under Review. Spinal Cord.

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Park, H., **Stevens, S. M.**, MacNamara, A. (2024). *General functional connectivity moderates negative affect instability in internalizing psychopathology*. Under Review. NPP-Digital Psychiatry and Neuroscience.

PROFESSIONAL EXPERIENCE

Texas A&M HelpLine, Texas A&M University

Program Coordinator

July 2023 – Present

- Full-time position with similar responsibilities to Graduate Assistant position in addition to assisting with marketing decisions for the program and calculating call log data to report to upper management.

Graduate Assistant, 20 hours per week

August 2020 – Present

Program Aide, 20 hours per week

July 2019 – August 2020

- Maintain correspondence with over 30 volunteers regarding training, service logs, weekly shift calendar, and other volunteer responsibilities.
- Lead weekly one-hour supervision group for volunteers to process calls.
- Manage over 20 HelpLine trainers during HelpLine training.
- Review volunteer applications and interview applicants for acceptance into training and for acceptance into the HelpLine program post-training.
- Train 20-30 new volunteers through a rigorous 6-day, 55-hour training course two times per year.
- Instruct trainees on active listening techniques, mental health issues, and lead live role-play training.
- Organize presentations from staff at the Counseling and Psychological Services (CAPS), Student Health Services, & College of Medicine for HelpLine training.
- Aide Program Director in mitigating personnel issues.
- Schedule meetings, continuing education sessions, and miscellaneous training sessions for current volunteers.
- Engage in outreach opportunities to increase awareness of the services provided by HelpLine.

SERVICE

Brazos Valley Psychological Association (BVPA), Bryan, TX

May 2023 – Present

Assistant Director for Communications

- Generate social media content regarding mental health information and resources.
- Disseminate social media content on four platforms (Instagram, Twitter, Facebook, LinkedIn) on a weekly or bi-weekly basis.
- Attend monthly board meetings to discuss upcoming events, membership updates, and provide report of outcome from the previous months activities.

Texas A&M HelpLine, Texas A&M University

Lead Trainer

August 2019 – Present

- Assess active listening skills of trainees and provide evaluative feedback.
- Manage the evaluation and feedback process for trainees.
- Discuss the progress of trainees with the Program Director and fellow Lead Trainers.

Volunteer

January 2017 – July 2019

- Answer crisis telephone line and provide crisis assessment, support, and intervention, suicide/homicide assessment, and referral information to callers.

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- Interview applicants for acceptance into training and post-training for acceptance into HelpLine.
- Volunteered over 1,500 hours throughout tenure.

Department of Educational Psychology Colloquium Committee, Texas A&M University

Member

February 2021 – December 2022

- Assisted in the organization of research presentations, professional development talks, and discussions on topics/issues of interest to the Department of Educational Psychology students and faculty.
- Recruited speakers from the Department of Educational Psychology, Texas A&M faculty in other areas, and professionals outside of the community.

OUTREACH PRESENTATIONS

New Student Conference (NSC) Resource Tables, Texas A&M University

June 2022

- Provided information about resources available through the Counseling & Psychological Services (CAPS) at Texas A&M University while serving as a Practicum Counselor.

Telebehavioral Care, Texas A&M University College of Medicine

July 2022

- Provided one-hour didactic training to TBC team members regarding the training and services provided by the Texas A&M HelpLine.

Texas A&M HelpLine, Texas A&M University

January 2022, August 2022, August 2023

- Provided didactic training on Active Listening Skills and Confidentiality & Ethics to prospective HelpLine volunteers.

PROFESSIONAL DEVELOPMENT

A Self-Inquiry on Race Socialization

January 2023

Texas Psychological Association

Interprofessional Management of Eating Disorders in Adolescents and Young Adults

June 2022

Brazos Valley Psychological Association (3 CEU)

Center for Practice Innovation (CPI) Training for Columbia-Suicide Severity Rating Scale (C-SSRS)

August 2021

Kognito: At-Risk for University & College Faculty

June 2021

CPTWeb: An On-line Training Course for Cognitive Processing Therapy

September 2020

Evidence Based Behavioral Practice (EBBP) Process

September 2020

Telepsychology Best Practices 101: Clinical Evaluation and Care: Cultural Competencies; Documentation

August 2020

Telepsychology Best Practices 101: About the Tech... Video, Email, Text Messaging & Apps

August 2020

Telepsychology Best Practices 101: Legal, Regulatory & Ethical Rules of the Road

August 2020

CITI Program Course: Group 2. Social and Behavioral Research Investigators and Key Personnel

Record ID: 23871971

CITI Program Course: Social & Behavioral Research – Basic/Refresher

Record ID: 48285530

CITI Program Course: Social and Behavioral Responsible Conduct of Research Course

Record ID: 48285529

GRANTS, HONORS, FELLOWSHIPS, & SCHOLARSHIPS

Texas A&M University Telehealth for the Expansion of Adolescent and Child Healthcare (TEACH) Fellowship	June 2023 – Present
Texas Aggie Graduate Grant	Fall 2021, Summer 2022, Fall 2022, Spring 2023
College of Education and Human Development Graduate Strategic Support Scholarship	Fall 2020 – Spring 2023
Honors in Psychology	August 2016 – May 2020
Liberal Arts Cornerstone Honors	August 2016 – May 2020
Liberal Arts Deans List (3.5 GPA or greater)	Spring 2018

PROFESSIONAL & UNIVERSITY ASSOCIATIONS

Brazos Valley Psychological Association (BVPA) Member	January 2023
Student Affiliates of Seventeen (SAS) Member	May 2022
American Psychological Association (APA) Member	January 2022
APA Graduate Student Member	January 2022
Texas Psychological Association (TPA) Member	May 2021
Psi Chi, The International Honor Society in Psychology Member	April 2018
Phi Kappa Phi Honor Society	February 2018
Chi Omega Alumni	Initiated January 2017
Golden Key International Honor Society	October 2017

SKILLS & CERTIFICATIONS

Crisis Assessment and Intervention	Qualtrics
QPR Certified (Question. Persuade. Refer.)	StataSE
Columbia-Suicide Severity Rating Scale (C-SSRS)	Suicide/Risk Assessment
Point and Click (EHR)	Titanium (EHR)