

# Stephanie H. Best, Ph.D., HSP-P

## OFFICE

Behavioral Health & Wellness Center, PLLC  
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Benson, NC 27504  
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## HOME

135 Pleasant Court  
Angier, NC 27501  
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## LICENSURE AND EDUCATION

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§ **Licensed Psychologist**.....November 2010  
**Certified Health Services Provider Psychologist (HSP-P)**  
State of North Carolina (#4045)

§ **Ph.D., Clinical Psychology** .....September 2009  
**M.A., Clinical Psychology** .....December 2006  
Duke University  
Durham, North Carolina  
(919) 684-8111

§ **M.A., Biological Sciences** .....December 1999  
University of California, Santa Barbara  
Santa Barbara, California  
(805) 893-3000  
G.P.A. 4.00

§ **B.S., Biology with Highest Honors**.....May 1996  
University of North Carolina at Chapel Hill  
Chapel Hill, North Carolina  
(919) 962-2211  
Minor: Chemistry  
G.P.A. 3.97, Summa Cum Laude

## RECENT EMPLOYMENT

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**Co-Owner / Licensed Psychologist** November 2010 – Present  
Behavioral Health & Wellness Center, PLLC  
302 East Church Street  
Benson, NC 27504  
(919) 308-9068

- § Private rural practice offering evidence-based psychotherapy and counseling to individuals, couples, families, and groups of all ages.
- § Specialties include Cognitive Behavioral Therapy (CBT) and integrative wellness-based psychosocial interventions.

§ Expertise in the following evidence-based treatments: Acceptance & Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), Mindfulness Based Stress Reduction (MBSR), Prolonged Exposure (PE) Therapy, and Emotion-Focused Therapy (EFT).

**Licensed Psychologist**

November 2010 – June 2011

Jacob's Ladder Childhood Therapies  
4023 Village Park Drive  
Knightdale, NC 27545  
(919) 217-2929

- § Provided evidence-based psychotherapies and behavioral interventions to children, adolescents, and their families struggling with conditions such as ADHD, Autistic Disorder, Asperger's Disorder, Oppositional Defiant Disorder, mood disorders, and/or adjustment disorders.
- § Conducted and reviewed intake assessments and annual reassessments, along with determining necessity of treatment.
- § Collaborated with clients in developing specific, time-limited treatment goals.
- § Provided referrals to other appropriate physical and/or mental health providers as needed.

**POST-DOCTORAL FELLOWSHIP**

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**Interprofessional Fellowship Program in  
Psychosocial Rehabilitation and Recovery  
Oriented Services**

September 2009 – September 2010  
Director: Daniel Bradford, M.D., M.P.H.  
Co-Director: Loretta Braxton, Ph.D.

Durham VA Medical Center  
508 Fulton St.  
Durham, NC 27705  
(919) 286-0411

Psychosocial Rehabilitation and Recovery Center (PRRC)

Supervisor: Loretta Braxton, Ph.D.

Provided clinic-based, recovery-oriented individual and group therapies to veterans with severe and persistent mental illness, including schizophrenia, schizoaffective disorder, bipolar disorder, and major depressive disorder.

Acted as a primary psychiatric rehabilitation practitioner, assisting veterans in developing and executing a personalized recovery plan based on their self-defined goals and values.

Served as a valued member of a multidisciplinary team composed of psychologists, psychiatrists, social workers, peer support specialists, nurses, and occupational therapists, participating in weekly team meetings and didactic seminars focused on the most up-to-date rehabilitation and recovery-oriented theories and interventions.

Developed and implemented an "Education Dissemination Project" to educate health professionals and veterans with mental illness about ways to reduce stigma and discrimination within a recovery-oriented health care model.

Mental Health Intensive Case Management (MHICM) Program

Supervisor: Loretta Braxton, Ph.D.

Delivered patient-centered care to veterans with extremely disabling mental health problems in their homes and communities, as a primary case manager.

Worked to improve veterans' community adjustment and quality of life, while minimizing the occurrence of demoralizing psychosocial crises.

Collaborated closely with other professionals as part of a multidisciplinary team, attending twice weekly team meetings and providing adjunctive support to colleagues as needed.

OEF/OIF Program

Supervisor: Eric Crawford, Ph.D.

Conducted individual supportive and cognitive-behavioral psychotherapy with recent combat veterans of Operation Enduring Freedom (OEF) in Afghanistan and Operation Iraqi Freedom (OIF) in Iraq.

Received extensive training in Prolonged Exposure (PE) therapy and utilized it to treat OEF/OIF veterans suffering from post-traumatic stress disorder (PTSD) related to their military experiences.

**PREDOCTORAL CLINICAL INTERNSHIP**

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**Clinical Psychology Predoctoral Intern**

September 2008 – August 2009

Adult Focus

Training Director: David M. Hattem, Ph.D.

Dorothea Dix Hospital

Program Coordinator: Heather Twomey, Ph.D.

820 S. Boylan Ave.

Raleigh, NC 27603-2176

(919) 733-9935

Adult Admissions Unit – Female (Major Rotation)

Supervisors: Heather Twomey, Ph.D. and Clara Wiegman, Psy.D.

Brief individual therapy, both CBT and supportive – PTSD, depression, anxiety, substance abuse, bipolar disorders, personality disorders, grief, domestic violence, eating disorders, discharge preparation, symptom awareness and management.

Group therapy (males and females) within a Psychosocial Rehabilitation model.

Assessment of personality, diagnostic clarification, MR screening, IQ testing, and general assessment for treatment planning.

Development of behavior plans, staff guidelines, and contracts.

Adolescent Residential Treatment Unit (Minor Rotation)

Supervisor: Richard Hicks, Ph.D.

Individual therapy with adolescents, as well as parent and family therapy.

Full participation in diagnostic and treatment team meetings.

Collaboration with members of the multi-disciplinary treatment team.

Collaboration with community based programs and providers regarding aftercare planning.

Adult Long Term Unit – Female (Major Rotation)

Supervisor: Heather Twomey, Ph.D.

Individual therapy, both CBT and supportive – treatment resistant schizophrenic spectrum and bipolar disorders, severe personality disorders, dual diagnosis, cognitive/intellectual impairment, persistent self-injurious behavior.

Group psychotherapy (males and females) within a Psychosocial Rehabilitation model.

Participation in multidisciplinary treatment teams.

Behavior management.

Geropsychiatry / Neuropsychology Unit (Minor Rotation)

Supervisor: Michael Murray, Ph.D.

Assessment and treatment – chronically mentally ill geriatric patients, dementia, neurological impairments, behavioral problems.

Neuropsychological screenings on new admissions.

More complex neuropsychological evaluations on referral from medical doctors.

Interpretation of assessment data and reporting of results to a multidisciplinary treatment team.

## **PREVIOUS EMPLOYMENT**

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**Research Assistant / Psychotherapist**

Program in Child Affective and Anxiety Disorders

Duke Child and Family Study Center

Duke University Medical Center

718 Rutherford Street

Durham, NC 27705

(919) 416-2416

September 2003 – May 2004 *and*

September 2005 – August 2008

Supervisors: Scott N. Compton, Ph.D.  
and Christian F. Mauro, Ph.D.

- § Provided general research and administrative assistance for ongoing clinical trials investigating treatments for children and adolescents with anxiety disorders (CAMS), depressed adolescent suicide attempters (TASA), pediatric obsessive-compulsive disorder (POTS-II), and chronic tic disorders (BETTS).
- § Administered semi-structured diagnostic interviews, including phone screens and the ADIS (Anxiety Disorders Interview Schedule for DSM-IV), to assess for eligibility of CAMS and BETTS participants.
- § Conducted assessments and weekly cognitive-behavioral therapy (CBT) with individuals through the Psychosocial Treatment Clinic.
- § Served as a certified CBT therapist on CAMS study.
- § Acted as project coordinator and primary therapist on BETTS study.
- § Created and gave psychoeducational presentations to local clinics, school districts, and health agencies as part of recruitment and community outreach efforts.

**Research Assistant**

Duke Eating Disorders Program  
Duke University Medical Center  
Department of Psychiatry  
Box 3842  
Durham, NC 27710  
(919) 668-7301

June 2003 – January 2005

Supervisor: Nancy Zucker, Ph.D.

- § Coordinated all data management for the Duke Eating Disorders Program, including data collection/entry and maintenance of the patient database and files.
- § Helped plan, organize, and conduct an adult focus group aimed at gathering feedback from participants in the clinic's Group Parent Training (GPT) program. Assisted in writing of journal article describing GPT intervention.
- § Performed literature searches for primary investigators, assisted with preparation of grant proposals, and attended weekly research team meetings.

**FORMAL PRACTICA TRAINING**

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**Psychotherapist**

Family Studies Program and Clinic  
Duke Child and Family Study Center  
Duke University Medical Center  
718 Rutherford Street  
Durham, NC 27705  
(919) 416-2431

July 2006 – June 2007

Supervisor: Stephen Hawthorne, LCSW

- § Provided individual, marital, and family therapy to diverse clients from multicultural backgrounds, with a primary focus on systemic issues.
- § Collaborated with a multidisciplinary team of psychologists, psychiatrists, and social workers to formulate case conceptualizations and develop treatment plans.
- § Observed therapy sessions in progress behind a one-way mirror and participated in pre- and post-treatment discussion of each case.
- § Received weekly, live observation supervision from a multidisciplinary team.
- § Participated in weekly seminars focused on systems theory, the conduct of family/couples therapy, and special issues that arise in working with families and couples.

**Psychotherapist**

Duke Eating Disorders Program  
Duke University Medical Center  
Department of Psychiatry, Box 3842  
Durham, NC 27710  
(919) 668-7301

July 2004 – January 2005

Supervisors: Laura Weisberg, Ph.D.  
and Nancy Zucker, Ph.D.

- § Provided individual CBT to adolescent and adult clients suffering from eating disorders and associated psychosocial impairment.

- § Acted as co-leader of two separate dialectical behavior therapy (DBT) groups for adolescents with eating disorders who struggle with difficulties in emotion regulation.
- § Attended weekly case conferences, treatment team meetings, and seminars as part of a multidisciplinary staff including specialists from psychology, nutrition, psychiatry, pediatrics, cardiology, endocrinology, and general internal medicine.
- § Administered semi-structured interviews and self-report measures to prospective and current patients.
- § Wrote integrated diagnostic reports, case conceptualizations, and treatment plans for prospective patients.

**Psychotherapist**

May 2003 – December 2004

Duke Psychology Clinic  
 Duke University  
 Department of Psychology  
 Sociology/Psychology Building, Suite 312  
 Durham, NC 27708  
 (919) 660-5770

Supervisor: Ronald Batson, M.D.

- § Provided short-term individual psychotherapy for depression, anxiety, and obsessive-compulsive disorder, using both cognitive-behavioral and psychodynamic approaches.
- § Conducted long-term individual psychotherapy as a member of the clinic’s advanced team.
- § Worked with supervising psychiatrist to provide integrated psychopharmacologic treatment, as needed.
- § Attended weekly supervision and treatment team meetings.
- § Administered semi-structured interviews and self-report measures to patients.
- § Wrote integrated diagnostic reports, case conceptualizations, and treatment plans.

**RESEARCH**

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**“Habit Reversal and Acceptance and Commitment Therapy for Chronic Tic Disorders: A Pilot Project Investigating the Role of Experiential Avoidance”**

Research Supervisor: Scott N. Compton, Ph.D.

Dissertation Chair: John F. Curry, Ph.D.

Sites: Duke Child and Family Study Center *and* University of Pennsylvania Center for the Treatment and Study of Anxiety

Part II of dissertation research. Focused on exploring the function of avoidance of private experiences in the maintenance and exacerbation of chronic tic disorders (CTDs). Involved the development and pilot-testing of a novel, acceptance-based behavioral treatment for CTDs at multiple sites. Acted as project coordinator and primary psychotherapist for the Duke site. Responsibilities also included new measure development and psychometric testing, treatment manual development, data analysis, and written compilation/discussion of results.

**“The Social and Economic Impact of Tourette Syndrome and Chronic Tic Disorders in Adults”**

Research Supervisor: Scott N. Compton, Ph.D.

Dissertation Chair: John F. Curry, Ph.D.

Sites: Duke Child and Family Study Center *and* the University of Wisconsin – Milwaukee

Part I of dissertation research. Focused on examining, in greater detail, both the social and economic impact of Tourette Syndrome in adults via a large internet survey. Investigated the hypothesis that experiential avoidance moderates the relationship between premonitory urges and tic severity. Results informed the use of an acceptance-based intervention in a subsequent treatment study of CTDs (see above). Responsibilities included collaborating with UWM researchers as the primary contact for the Duke site, selecting and developing measures for inclusion in the survey, analyzing data, and writing up results.

**“The Third Wave of Behavior Therapy and Treatment for Adolescent Anxiety: A Review and Synthesis”**

Research Supervisors: Scott N. Compton, Ph.D. and John F. Curry, Ph.D.

Site: Duke Child and Family Study Center

Master’s thesis project. Comprehensive literature review summarizing, evaluating, and synthesizing empirical evidence bearing on (1) the efficacy of third-wave behavioral interventions, particularly Acceptance and Commitment Therapy (ACT) and (2) the state of current treatment approaches for adolescent anxiety disorders. Presented and defended results to academic committee.

**“Group Parent Training for Eating Disorder Management: Who Enrolls and Why?”**

Research Supervisors: Richard S. Surwit, Ph.D. and Nancy Zucker, Ph.D.

Site: Duke Eating Disorders Program

Independent project as research assistant at Duke Eating Disorders Program. Explored descriptive and motivational factors involved in parents’ decisions about whether or not to enroll in a novel group parent training (GPT) program for management of their child’s eating disorder. Collected, entered, and analyzed all data; wrote up results for presentation before academic committee.

**“The Role of Personality Factors in Treatment Response Among Eating Disorder Patients”**

Research Supervisors: Richard S. Surwit, Ph.D. and Nancy Zucker, Ph.D.

Site: Duke Eating Disorders Program

Independent project as research assistant at Duke Eating Disorders Program. Assessed the role of personality factors in predicting treatment response among eating disorder patients, using the NEO Personality Inventory – Revised (NEO-PI-R). Originated project, applied for and obtained Institutional Review Board approval, recruited participants, and collected and entered all data.

**PUBLICATIONS**

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Franklin, M. E., Best, S. H., Wilson, M. A., Loew, B., & Compton, S. N. (2011). Habit Reversal Training and Acceptance and Commitment Therapy for Tourette Syndrome: A Pilot Project. *Journal of Developmental and Physical Disabilities*, 23, 49-60.

Best, S. H. (2009). *Experiential avoidance in chronic tic disorders: An online survey and pilot treatment study using Habit Reversal and Acceptance and Commitment Therapy* (Doctoral Dissertation). Available from ProQuest Dissertations & Theses Database. (UMI No. 3366736)

## **TEACHING EXPERIENCE**

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**Teaching Assistant** January – May 2006  
PSY 137: Adolescence Supervisor: Vicki B. Stocking, Ph.D.  
Duke University

- § Assisted professor with all course-related activities, including grading, development of course materials, and lecture/exam preparations.
- § Lectured on topics related to psychopathology among adolescents.
- § Held weekly office hours to support and instruct students on course content and goals, including the development of research service learning projects.

**Teaching Assistant** January – May 2003  
PSY 11: Introductory Psychology Supervisor: Kevin P. Weinfurt, Ph.D.  
Duke University

- § Assisted professor with all course-related activities, including grading, development of the course web site, and lecture/exam preparations.
- § Held weekly office hours to support and instruct students on course materials.

## **PROFESSIONAL DEVELOPMENT**

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§ Teleseminar: “Coping with Vicarious Trauma, Building Resilience, and the Ethics of Self-Care” (February 2013)

Presenter: Vladimir Nacev, Ph.D., ABPP, program manager and subject matter expert in psychological health at the Defense Centers of Excellence (DCOE) for Psychological Health and Traumatic Brain Injury

Site: Online Webinar

§ Teleseminar: “Sports Psychology and Psychiatry: Strategies for Life Balance and Peak Performance” (July 2012)

Presenter: David R. McDuff, M.D., Sports Psychiatrist and Mental Skills Trainer for the Baltimore Orioles and Baltimore Ravens; Clinical Professor, Department of Psychiatry, University of Maryland School of Medicine

Site: Online Webinar



- § Workshop: “Adventures on the Electronic Frontier: Ethics and Risk Management in the Digital Era” (June 2012)  
Presenter: Jeffrey Younggren, Ph.D., ABPP, Consultant at American Psychological Association Insurance Trust  
Site: The Friday Center in Chapel Hill, North Carolina
- § Invited Workshop: “Healthcare Reform Summit” (March 2012)  
Presenter: Katherine Nordal, Ph.D., Executive Director for Professional Practice at American Psychological Association  
Site: The Royal Banquet and Conference Center in Raleigh, North Carolina
- § Workshop: “Documentation: Doing it Write!” (October 2011)  
Presenter: Danielle Coleman, MSW, LCSW (Sandhills LME)  
Site: McSwain Extension and Agriculture Center in Sanford, North Carolina
- § Workshop: “Assessing and Managing Suicide Risk” (April 2011)  
Presenter: David Rudd, Ph.D., ABPP  
Site: North Carolina Psychological Association Spring Conference in Chapel Hill, North Carolina
- § Workshop: “Looking to the Future: Preparing Yourself and Your Practice for What Lies Ahead” (April 2011)  
Presenters: Charles Cooper, Ph.D., Mary Evers, Ph.D., Steve Mullinix, Ph.D., and David Verhaagen, Ph.D.  
Site: North Carolina Psychological Association Spring Conference in Chapel Hill, North Carolina
- § Workshop: “But I Was Promised a Flying Car: Ethics & Technology in 21<sup>st</sup> Century Psychological Practice” (April 2011)  
Presenter: Jennifer Snyder, Ph.D.  
Site: North Carolina Psychological Association Spring Conference in Chapel Hill, North Carolina
- § Workshop: “Dialectical Behavior Therapy: State of the Art and Science” (April 2011)  
Presenter: Marsha M. Linehan, Ph.D.  
Site: 7<sup>th</sup> Annual NIMH Conference in Raleigh, North Carolina
- § Workshop: “Cognitive Behavioral Therapy (CBT) for Psychosis” (February 2010)  
Presenter: Piper Meyer, Ph.D.  
Site: Durham VA Medical Center, Psychosocial Rehabilitation & Recovery Center

- § Workshop: “The Healing Tradition of the Enneagram: An Overview” (June 2008)  
Presenter: Hugh Willard, M.Ed, LPC, ACS  
Site: Presentation sponsored by the Licensed Professional Counselors Association of North Carolina (LPCANC) in Cary, North Carolina
- § Workshop: “Acceptance and Commitment Therapy With Challenging Patients” (November 2007)  
Presenters: Kirk D. Strosahl, Ph.D. and Steven C. Hayes, Ph.D.  
Site: 41<sup>st</sup> annual convention of the Association for Behavioral and Cognitive Therapies in Philadelphia, Pennsylvania
- § Workshop: “Supercharging CBT With Functional Analytic Psychotherapy (FAP): Maximizing Therapeutic Impact by Using the Client-Therapist Relationship” (November 2007)  
Presenters: Robert J. Kohlenberg, Ph.D. and Mavis Tsai, Ph.D.  
Site: 41<sup>st</sup> annual convention of the Association for Behavioral and Cognitive Therapies in Philadelphia, Pennsylvania
- § Workshop: “Acceptance and Commitment Therapy: Working with Your Most Difficult Clients” (June 2007)  
Presenter: Kelly G. Wilson, Ph.D.  
Site: Duke University Medical Center
- § Panel Presentation: “Building and Sustaining Your Private Practice” (June 2007)  
Speakers: Hugh Willard, M.Ed, LPC, ACS; Robin Forgione, MA, LPC, NCC; and Jim Gibson, MA, LPC, CEAP, CSAC  
Site: Presentation sponsored by the Licensed Professional Counselors Association of North Carolina (LPCANC) in Cary, North Carolina
- § Workshop: “Acceptance and Commitment Therapy for Posttraumatic Problems in Living: An Intermediate Workshop” (April 2007)  
Presenters: Sonja V. Batten, Ph.D. and Andrew Santanello, Psy.D.  
Site: Community Behavioral Health Association of Maryland
- § Workshop: “Designing Effective Web Surveys” (February 2007)  
Presenter: Mick P. Couper, Ph.D.  
Site: Odum Institute for Research in Social Science  
University of North Carolina at Chapel Hill
- § Workshop: “Living a Life of Value: Facilitating Meaningful Therapeutic Change: An Introductory Acceptance and Commitment Therapy Workshop” (May 2006)  
Presenter: Sonja V. Batten, Ph.D.  
Site: Community Behavioral Health Association of Maryland

§ Workshop: “Manualized Family Therapy for Adolescents with Anorexia Nervosa” (June 2003)

Presenters: Daniel le Grange, Ph.D. and James Lock, M.D.

Site: Duke University Medical Center

## ADVOCACY AND OUTREACH

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§ **January 2012** – Represented the Government Relations Office of the American Psychological Association at the House of Representatives in Washington, D.C. Met with the health liaison to Representative Renee Elmers (R–NC) to discuss Medicare reimbursement and participation issues for psychologists.

## PROFESSIONAL AFFILIATIONS

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<b>American Psychological Association (APA)</b> Division 42: Psychologists in Independent Practice Member	June 2009 – Present
<b>North Carolina Psychological Association (NCPA)</b> Division of Independent Professional Practice (DIPP) Legislative Committee Member	January 2009 – Present
<b>Association for Behavioral and Cognitive Therapies (ABCT)</b> Member	2005 – Present
<b>Association for Contextual Behavioral Science (ACBS)</b> Charter Member	2005 – Present

## PROFESSIONAL PRESENTATIONS

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**July 2010** – *Self-Disclosure: Combating Stigma in a Recovery-Oriented Mental Health Care Model*. Seminar given to mental health providers, trainees, and staff at the Durham VA Medical Center, as part of the Interprofessional Fellowship Program in Psychosocial Rehabilitation and Recovery Oriented Services.

**June 2010** – *Self-Disclosure: Combating Stigma in a Recovery-Oriented Mental Health Care Model*. Poster presentation given at 35<sup>th</sup> annual conference of the U.S. Psychiatric Rehabilitation Association (USPRA) in Boise, Idaho.

**August 2009** – *A Brief Introduction to Acceptance and Commitment Therapy (ACT)*. Presentation to psychology staff and trainees at Predoctoral Internship Assessment Seminar at Dorothea Dix Hospital in Raleigh, North Carolina.

**July 2009** – *Experiential Avoidance in Chronic Tic Disorders: An Online Survey and Pilot Treatment Study Using Habit Reversal and Acceptance and Commitment Therapy*. Presentation to psychology staff and trainees at Predoctoral Internship Assessment Seminar at Dorothea Dix Hospital in Raleigh, North Carolina.

**March 2008** – *Anxiety at Home and in the Classroom: Looking Into the Overlooked*. Presentation to counselors from the Chapel Hill/Carrboro school system in North Carolina.

**February 2008** – *Using Behavior Therapy to Manage Tic Disorders*. Presentation at the weekly seminar of the Psychosocial Treatment Clinic, Duke Child and Family Study Center.

**October 2007** – *Anxiety at Home and in the Classroom: Looking Into the Overlooked* and *Using Behavior Therapy to Manage Tic Disorders*. Presentations to staff and faculty of Wake County Schools, North Carolina.

**September 2007** – *Using Behavior Therapy to Manage Tic Disorders*. Presentation at Mid-South Regional Chapter meeting of the Tourette Syndrome Association.

**July 2007** – *Using Behavior Therapy to Manage Tic Disorders*. Presentation given at the monthly meeting of the Wake County Department of Health and Human Services, North Carolina.

**February 2007** – *Using Behavior Therapy to Manage Tic Disorders in Children*. Presentation given at the weekly seminar of the Psychosocial Treatment Clinic, Duke Child and Family Study Center.

**December 2006** – *Anxiety at Home and in the Classroom: Looking Into the Overlooked*. Presentation given at parent informational seminar, Duke Child and Family Study Center.

**November 2006** – *Habit Reversal Therapy for Tic Disorders*. Presentation given at regional chapter meeting of Tourette Syndrome Association, Durham, North Carolina.

**September 2006** – *Childhood Anxiety: Looking Into the Overlooked*. Presentation given at the 9<sup>th</sup> annual conference of the Licensed Professional Counselors Association of North Carolina.

**June 2006** – *Eating Disorders: Awareness and Treatment*. Presentation given to undergraduate 'Child Clinical Psychology' class, Duke University.

**April 2006** – *Clinical Work with Adolescents*. Presentation given to undergraduate 'Adolescence' class, Duke University.

**February 2006** – *Eating Disorder Awareness*. Presentation to local community members at the Teer House, through the Department of Education Services, Duke University Medical Center.

**February 2006** – *Parenting the Anxious Child*. Presentation to local community members at the Teer House, through the Department of Education Services, Duke University Medical Center.

**August 2005** – *Eating Disorders: Awareness and Treatment*. Presentation given to undergraduate ‘Development Across the Lifespan’ class, Duke University.

**July 2005** – *Eating Disorders: Awareness and Treatment*. Presentation given to undergraduate ‘Abnormal Psychology’ class, Duke University.

**June 2005** – *Eating Disorders: Awareness and Treatment*. Presentation given to undergraduate ‘Abnormal Psychology’ class, Duke University.

## **AWARDS AND HONORS**

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- § Certified Wellness Recovery Action Plan (WRAP®) Facilitator (2010)
- § Duke University Dean’s Finalist, Dolores Zohrab Liebmann Fund Fellowship (2006)
- § Claire Hamilton Conference Travel Award, Duke University (2005)
- § Outstanding Achievement in General Psychology, Santa Barbara City College (2002)
- § National Science Foundation Graduate Fellowship (1996 - 1999)
- § University of California, Santa Barbara, Departmental Regents Fellowship (1996 - 1998)
- § James M. Johnston Distinguished Senior Award, UNC Chapel Hill (1996)
- § Phi Beta Kappa (1995 - Present)
- § University of North Carolina at Chapel Hill, Science Opportunity Fellowship (1995)
- § Diamond State Scholarship, State of Delaware (1992 - 1996)
- § College Board Advanced Placement Scholar (1992)

## **REFERENCES**

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Available upon request.