

# Bethany J. Aiena, Ph.D.

## Education

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### **Doctor of Philosophy** (received August 2017)

University of Mississippi, Oxford, MS

Clinical Psychology

Dissertation: Meaning in Life as a Moderator of Resilience and Traumatic Stress: A Study of Protective Factors and Sex Differences in a Sample of Mississippi Coastal Residents Seeking Mental Health Services After the Deepwater Horizon Oil Spill

Advisor: Stefan E. Schulenberg, Ph.D.

GPA 4.0

### **Master of Arts** (received August 2014)

University of Mississippi, Oxford, MS

Clinical Psychology

Thesis: Meaning, Resilience, and Traumatic Stress Following the Gulf Oil Spill: A Study of Mississippi Coastal Residents Seeking Mental Health Services

Advisor: Stefan E. Schulenberg, Ph.D.

GPA 4.0

### **Bachelor of Science, Honors Graduate** (received May 2011)

Lamar University, Beaumont, TX

Major: Psychology; Minor: Biology

GPA 3.9

## Clinical Experience

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**Southeast Louisiana Veterans Health Care System** (SLVHCS; August 2017-August 2018): Primary Care Mental Health Integration/Women's Health Resident, APA Accredited Residency

- Individual Treatment Experiences: Supervised by Karen Slaton, Ph.D.
  - Receiving warm-handoffs and providing brief assessment, intervention, and health behavior coaching for psychosocial and health-related concerns (e.g., stress management, sleep, diabetes management, weight management, chronic pain management, smoking cessation, bereavement, substance use) in Women's Health and Primary Care Clinics
  - Providing consultation and collaboration with primary care physicians and nurses
  - Attending PACT team huddles
  - Providing coaching and psychoeducation to medical staff on topics such as motivational interviewing and behavioral medicine
  - Attending and participating in behavioral medicine, Women's Health, and bariatric team meetings
  - Providing crisis interventions
- Assessment Experience: Supervised by Karen Slaton, Ph.D. and Joseph Vigil, Ph.D.
  - Conducting pre-surgical bariatric, spinal cord stimulator, and transplant evaluations
  - Providing the information gathered to the individual being evaluated and their treatment team
- Group Treatment Experiences: Supervised by Karen Slaton, Ph.D.
  - Facilitating groups related to:
    - Coping with chronic pain (in person and via multi-site telehealth)

- MOVE! Weight Management
- Yoga for chronic pain
- Behavioral management of tinnitus
- Women's Whole Health and Wellness Group
- Garden Fresh Rx Group – class aimed at teaching mindfulness-based stress reduction and mindful eating strategies to veterans
- Minor Rotation: Mental health provider in Infectious Disease Clinic. Supervised by Shannon Hartley, Ph.D.
  - Providing brief, intermediate, and long-term therapy to individuals with HIV/AIDS and hepatitis
- Supervision Experiences: Supervised by Karen Slaton, Ph.D.
  - Providing supervision of assessment and intervention to clinical psychology interns on behavioral medicine rotation at SLVHCS APA accredited internship
- Staff Wellness Experiences: Supervised by Michelle Hamilton, Ph.D.
  - Brief, mindfulness-based wellness intervention in Women's Health Clinic physicians and nurses to decrease burnout and compassion fatigue
  - Weekly, mindfulness-based intervention with Primary Care Clinic nursing staff
  - Employee MOVE! Weight Management program – will lead class for SLVHCS employees related to mindful eating and stress management for weight loss

**University of Kansas Medical Center** (July 2016-June 2017): Pre-doctoral Psychology Intern, Underserved Populations Track, APA Accredited Internship

- Rotation 1: Child Inpatient Psychiatric Unit: Supervised by Teri Smith, Ph.D.
  - Provided individual and group therapy
  - Conducted psychodiagnostic, intelligence, and achievement assessments with children and adolescents with acute mental health issues
  - Provided feedback and recommendations to patients, family, and staff
  - Educated medical students and residents on psychodiagnostic assessment
  - Attended multidisciplinary treatment team rounds
- Rotation 2: Family Medicine Clinic: Supervised by Wendi Born, Ph.D.
  - Received warm hand-offs and provided consultation in the Inter-professional Teaching Clinic to integrated team of attending physicians, medical residents, medical students, pharmacy students, nurses, social workers, and physical/occupational therapy students in outpatient medical clinics and inpatient setting
  - Provided brief and intermediate length intervention
  - Provided education to medical students and residents on behavioral health issues
  - Provided feedback to medical students and residents on behavioral interventions and communication skills via observation and consultation
  - Provided crisis interventions
  - Provided supervision to graduate practicum students
- Rotation 3: Neurorehabilitation: Supervised by Monica Kurylo, Ph.D.
  - Administered cognitive and emotional screens to patients with TBI, stroke, brain tumor, spinal cord injury, amputation, or burn injuries
  - Facilitated traumatic brain injury and burn support group meetings
  - Provided feedback and education to patients, family, and staff
  - Attended multidisciplinary treatment rounds with psychiatry, social work, nursing, and expressive therapists

- *Rotation 4: Adult Inpatient Psychiatric Unit*: Supervised by Albert Poje, Ph.D.
  - Conducted psychodiagnostic and neurocognitive assessments
  - Provided individual and group therapy to adults with acute mental health issues
  - Attended multidisciplinary treatment team rounds
- *Year-Long Experiences*: Supervised by Edward Hunter, Ph.D., Elizabeth Penick, Ph.D., Jessica Hamilton, Ph.D., and Eve-Lynn Nelson, Ph.D.
  - *Outpatient Psychotherapy*
  - *KU Center for Telemedicine and Telehealth*
    - Provided telemental health services to adults and children in rural Kansas
  - *Underserved Track Minor Rotation: Bull Docs Clinic*
    - Provided individual and group therapy in a co-located primary care clinic in an underserved high school
    - Assisted with program evaluation of mental health services provided
  - *Assessment experience*
    - Administered comprehensive psychodiagnostic, intelligence, achievement, and neurocognitive assessments
    - Provided feedback and recommendations to patients and guardians
    - Evaluated individuals for eligibility for kidney and liver transplant, living donor status, and spinal cord stimulator implantation
    - Provided information gathered to the individual being evaluated and treatment team
  - *Consultation and Liaison Service*
    - Provided consultation to med-surg teams with patients with behavioral health issues
    - Provided brief assessment and intervention to hospital patients with coexisting medical and psychological issues
  - *Program Evaluation Project*
    - Evaluated the implementation of the Needs Assessment in Oncology which encapsulates the Commission on Cancer's Accreditation mandate to assess patient distress

**Communicare** (Fall 2014-Summer 2016): Provisionally certified mental health therapist/Intern(PCMHT; Intern) at a community mental health center. Supervised by Dixie Church, LMFT and Alan Gross, Ph.D.

- Conducted intake assessments
- Provided crisis assessment and intervention
- Developed treatment plans
- Reviewed and updated annual paperwork
- Provided psychotherapy to psychosocial rehabilitation clients
- Provided individual, family, and couples therapy

**Psychological Services Center**, University of Mississippi (Summer 2012-Summer 2016): Graduate therapist at a university training clinic. Supervised by Scott Gustafson, Ph.D., Stefan Schulenberg, Ph.D., John Young, Ph.D., and Danielle Maack, Ph.D.

- Conducted intake assessments, developed treatment plans, provided individual, couples, and family psychotherapy to children, adolescents, and adults

**Psychological Assessment Clinic**, University of Mississippi (2014-2016): Graduate assessor at a university assessment clinic. Supervised by Scott Gustafson, Ph.D.

- Provided comprehensive psychological evaluations to assess for learning disabilities, attention-deficit/hyperactivity disorder, mood/anxiety disorders, and personality disorders
- Wrote integrated assessment reports
- Provided feedback to individual clients and families

**Delta Autumn Consulting, LLC** (2014, 2015): Clinic assistant and psychodiagnostician at a private mental health practice serving children and adults. Supervised by John Young, Ph.D., and Danielle Maack, Ph.D.

- Managed office
- Interfaced with clients and insurance/billing agencies/Medicaid
- Conducted diagnostic assessments in local schools

**North Mississippi Regional Center**, Oxford, Mississippi (2013-2014): Graduate therapist at residential facility for adults with intellectual and developmental disabilities. Supervised by Scott Bethay, Ph.D.

- Provided individual therapy, functional assessments, and social skills training
- Provided comprehensive intellectual assessments for determination of ICF/IID and HCBS services
- Wrote integrated reports on both residential and outpatient clients
- Composed behavior plans and yearly treatment plans

**International Programs**, University of Mississippi (2012-2014): Co-leader of Cultural Connections Club. Supervised by Laura Johnson, Ph.D.

- Conducted weekly support group for international students to meet and connect with other international students, discuss issues transitioning to the United States, and learn about cultures and diversity.

## ***Research Experience***

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**Meaning in Life Research Lab**, University of Mississippi (2011-2017): Graduate Research Assistant. Supervised by Stefan Schulenberg, Ph.D.

- Entered, analyzed, and interpreted data collected from projects pertaining to meaning/purpose in life, resilience, posttraumatic growth, self-efficacy, depression, anxiety, PTSD, suicidality, and disaster mental health
- Supervised undergraduates in presentations/honor's theses

**Ole Miss Disaster Preparedness**, University of Mississippi (2012-2014): Graduate research assistant. Supervised by Stefan Schulenberg, Ph.D. and Carrie Veronica Smith, Ph.D.

- Developed grant proposals
- Collected and analyzed data pertaining to preparedness levels of university faculty, staff, and students
- Conducted focus groups related to disaster preparedness
- Projects included researching levels of disaster preparedness at the University of Mississippi (UM) and assisting the UM Incident Response Team in developing research-informed preparedness procedures

**UM Clinical-Disaster Research Center**, University of Mississippi (2011-2014): Graduate Research Assistant and data manager for the Gulf Oil Spill Behavioral Health Grant. Supervised by Stefan Schulenberg, Ph.D. and the Mississippi Department of Mental Health.

- Large-scale project assessing mental health impact on individuals along the Mississippi Gulf Coast affected by the Gulf Oil Spill seeking mental health services. The scope of the project included quantifying the amount of mental health services provided by the grant and collecting data with regard to both positive and negative mental health variables impacted by the oil spill
- Entered, analyzed, and interpreted data for reporting and publication purposes
- Prepared data for quarterly reports
- Visited sites providing grant services on a quarterly basis for quality assurance purposes

**Lamar University Psychology Department**, Beaumont, TX (2008-2011): Research Assistant. Supervised by Jeremy Shelton, Ph.D.

- Researched experiment topics
- Entered and assisted in analyzing data
- Assisted in implementing research projects

## ***Teaching Experience***

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**American Association of Diabetes Educators, Louisiana Chapter** (April 2018)

- Led talk at annual conference pertaining to motivational enhancement and treatment adherence in individuals with diabetes in New Orleans, LA.

**University of Kansas School of Medicine** (April 2017): Guest lecturer

- Lectured medical students in the Family Medicine Interest Group on working with patients with behavioral health concerns in a primary care setting.

**University of Mississippi**, Oxford, Mississippi: Supervised by Stefan Schulenberg, Ph.D.

Graduate instructor teaching introductory psychology to university undergraduates (2014-2015)

- Prepared and delivered lectures
- Prepared and administered exams
- Met with and provided feedback to undergraduate students

Graduate teaching assistant for two graduate-level assessment courses (2012-2013)

- Held multiple workshops for major assessment tools (e.g., WAIS-IV, WIAT-III, WISC-IV)
- Supervised graduate student practice sessions of full-battery assessments
- Reviewed assessment reports and provided feedback for administration and report writing.

Guest lecturer at University of Mississippi with topics including (2012-2015):

- Personality assessment – undergraduate personality theories class
- Suicidality and suicide assessment – undergraduate abnormal psychology class

- Issues of religion within the field of psychology – honors undergraduate introductory psychology class.
- Therapy Psychoeducation – freshman year experience class

### ***Specialized Training***

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#### **Primary Care Mental Health Integration Competency Training – Completion Certification**

Supervisor: David Pine, M.D. & Dorothy Jackson, Ph.D. Trained in VA model of primary care mental health integration treatment.  
March, 2018: 20 hours.

#### **Goals of Care Training**

Supervisor: Christopher Parkinson, Ph.D. & Malaika Amedee. Trained in conducting goals of care conversations per the VA Life-Sustaining Treatment Decisions Initiative to support patient-centered care for seriously ill patients by promoting proactive conversations with patients who are at risk of a life-threatening clinical event.  
November, 2017: 8 hours.

#### **Patient Education: TEACH for Success**

Supervisors: Southeast Louisiana Veterans Health Care System, Karen Slaton, Ph.D. & Tracey Stokes-Ducré, Veteran's Health Education Coordinator. Trained in TEACH, a knowledge-based program to provide PACT staff with evidence-based, veteran-centered communication skills that enable providers to collaborate with veterans and coach them to engage in self-management of chronic conditions, health behavior change, and healthy living.  
September, 2017: 8 hours

#### **Integrating Mental Health Services with Primary Care – Completion Certification**

Supervisor: Cherokee Health Systems, Suzanne Bailey, Psy.D., Joel Hornberger, MHS  
Trained in clinical aspects of integrating mental health into primary care and operation and financing aspects of integrated care models.  
October, 2016: 10 hours

#### **Vietnamese Cross Cultural Training – Completion Certification**

Supervisor: Genia Crane, Mississippi Coast Interfaith Disaster Task Force  
Trained in counseling Vietnamese refugees and Vietnamese Americans.  
May, 2012: 3 hours

#### **American Red Cross Disaster Training in Psychological First Aid – Completion Certification**

Supervisor: Northwest Mississippi Chapter, Stefan E. Schulenberg, Ph.D.  
Trained in counseling individuals in the immediate aftermath of a disaster.  
September, 2011: 6 hours

### ***Professional Publications***

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Baczwaski, B. J., **Aiena, B. J.**, Schulenberg, S. E. (in press). The Deepwater Horizon Oil Spill. In *Disasters that Shaped Emergency Management Response*.

**Aiena, B. J.**, & Gross, A. M. (2017). Comprehensive Trail-Making Test (CTMT). In A. Wenzel (Ed.), *The SAGE Encyclopedia of Abnormal and Clinical Psychology*. Thousand Oaks, CA: Sage.

- Aiena, B. J., & Gross, A. M.** (2017). Behavior Assessment System for Children – Second Edition (BASC-2). In A. Wenzel (Ed.), *The SAGE Encyclopedia of Abnormal and Clinical Psychology*. Thousand Oaks, CA: Sage.
- Weathers, L. N., **Aiena, B. J.**, Blackwell, M. A., & Schulenberg, S. E. (2016). Meaning as a facilitator of resilience and posttraumatic growth: Recommendations for research and practice. In A. Batthyany, P. Russo-Netzer, & S. E. Schulenberg (Eds.), *Clinical Perspectives on Meaning* (pp. 149-170). Cham, Switzerland: Springer.
- Aiena, B. J.**, Buchanan, E., Smith, and & Schulenberg, S. E. (2016). Meaning, resilience, and traumatic stress following the Gulf Oil Spill: A study of Mississippi coastal residents seeking mental health services. *Journal of Clinical Psychology, 72*, 1264-1278. doi: 10.1002/jclp.22232
- Aiena, B. J.**, Baczwaski, B. J., Schulenberg, S. E., & Buchanan, E. M. (2015). Psychometric properties of the 14-Item Resilience Scale: A tale of two samples. *Journal of Personality Assessment, 97*, 297-300. doi:10.1080/00223891.2014.951445
- Walters, B. A., Drescher, C. F., Baczwaski, B. J., **Aiena, B. J.**, Darden, M. C., Johnson, L. R., Buchanan, E. M., & Schulenberg, S. E. (2014). Getting active in the Gulf: Environmental attitudes and action following two Mississippi coastal disasters. *Social Indicators Research, 118*, 919-936. doi:10.1007/s11205-013-0428-2
- Aiena, B. J.**, & Baczwaski, B. J. (2012). A measure of interest to logotherapy researchers: The 14-Item Resilience Scale. *The International Forum for Logotherapy, 35*, 109-110.
- Schulenberg, S. E., Baczwaski, B. J., & **Aiena, B. J.** (2012). Advancing logotherapy as a science: A research imperative – Part one. *The International Forum for Logotherapy, 35*, 65-72.
- Drescher, C. F., Baczwaski, B. J., Walters, A. B., **Aiena, B. J.**, Schulenberg, S. E., & Johnson, L. R. (2012). Coping with an ecological disaster: The role of perceived meaning in life and self-efficacy following the Gulf Oil Spill. *Ecopsychology, 4*, 56-63.

### ***Presentations***

- Hamilton, J., Miro, D., Young, K., Rowe, C. A., **Aiena, B. J.** (2018). *Effectiveness of Psychosocial Needs and Emotional Distress Assessment in an NCI-Designated Cancer Center*. Poster to be presented at the 39th annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
- Weathers, L. N., Blackwell, M. A., **Aiena, B. J.**, & Schulenberg, S. E. (2015, November). *The Importance of Meaning in Conceptualizations of Resilience and Posttraumatic Growth: Building a Foundation for Research and Practice*. Poster presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Aiena, B. J.** (2014, October 24). *Disaster Mental Health and Psychological First Aid: Picking up the Pieces*. Presentation given to visiting FEMA Corps volunteers at the University of Mississippi, Oxford, MS.
- Aiena, B. J.**, Schulenberg, S. E., & Smith, C. V. (2013, November). *Perceived Meaning, Resilience, and Traumatic Stress Following the Gulf Oil Spill: A Study of Mississippi Coastal Residents Seeking Mental Health Services*. Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

- Baczwaski, B. J., **Aiena, B. J.**, Florez, I. A., Tkachuck, M., Smith, C. V., Schulenberg, S. E. (2013, November). *Informing disaster preparedness efforts on a college campus*. Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Aiena, B. J.**, Baczwaski, B. J., Buchanan, E. M., & Schulenberg, S. E. (2012, August). *The psychometric properties of the 14-item Resilience Scale (RS-14)*. Poster presented at the 120<sup>th</sup> annual meeting of the American Psychological Association, Orlando, FL.
- Aiena, B. J.**, & Schulenberg, S. E. (2012, September). *The PTSD Checklist: Psychometric properties and considerations with Vietnamese populations*. Poster presented at the annual convention of the Mississippi Psychological Association, Biloxi, MS.
- Baczwaski, B. J., Schultz, K. V., **Aiena, B. J.**, Smith, C. V., & Schulenberg, S. E. (2012, August). *Depression, anxiety, stress, and meaning in life among those impacted by the Gulf Oil Spill*. Poster presented at the 120<sup>th</sup> annual meeting of the American Psychological Association, Orlando, FL.
- Aiena, B. J.** (2012, August). Discussant, *Film program and discussion: The Descendants — APA ad hoc Committee on Films and Other Media*. Presented at the annual meeting of the American Psychological Association, Orlando, FL.
- Aiena, B. J.** & Schulenberg, S. E. (2012, February). *Perceived meaning in life as a moderator between posttraumatic stress and suicidality*. Paper presented at the annual meeting of the Mississippi Academy of Science, Hattiesburg, MS.
- Aiena, B. J.**, Jordan, L., & LaFleur, A. (2010, October) *Effects of Socioeconomic Status Mindset on Attractiveness of Potential Mates*. Paper presented at the annual meeting of the Lamar University Student Research Symposium.

### ***Grants Applied for***

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- Aiena, B. J.**, Schulenberg, S. E., & Weathers, L. N. (2014). High school (Oxford/Lafayette) disaster preparedness and mitigation. The Lawrence Foundation. (Foundation Grant, \$5,089). Not funded.

### ***Professional Activities***

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**Health Career Pathways Mentorship**, University of Kansas Medical Center, 2016 – Mentored two high school students from disadvantaged backgrounds who are interested in health careers.

#### **Ad hoc reviewer:**

- Assessment – 2015
  - Journal of Personality Assessment – 2015
  - Social Indicators Research – 2013
  - Computers in Human Behavior - 2011, 2012
  - Professional Psychology: Research and Practice – 2012, 2013
  - Journal of Clinical Psychology – 2012
- Student Faculty Representative – Psychology Department, University of Mississippi - 2014-2015
  - Abstract reviewer for APA Division 17: Positive Psychology April – 2014
  - Edited three assessment textbook chapters for Jerome Sattler, Ph.D. – 2012, 2013



### ***Professional Memberships***

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- APA Division 38: Society for Health Psychology
- APA Division 12: Society of Clinical Psychology
- Collaborative Family Healthcare Association, Primary Care Behavioral Health Special Interest Group

### ***Honors and Awards***

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- Clinical Graduate Research Achievement Award, University of Mississippi Psychology Department, 2015
- Graduate Student Travel Award, 2012 & 2015 – travel grant awarded for APA and ABCT conference presentations
- Ann Shaw Outstanding Student Leader Award 2010 – competitive award given to one student yearly
- Lamar University Mirabeau Scholarship, 2007-2011 – full-tuition, merit-based academic scholarship

### ***Service Work***

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- Stand Down for Homeless Veterans. Volunteer guide for homeless or at-risk veterans in New Orleans, LA (October 2017)
- Lamar University Reaud Honors College Alumni Advisory Board Member (2017-2020)
- American Foundation for Suicide Prevention Out of the Darkness Walk Co-Chair, Fundraising Chair (Fall 2011, 2012, 2013) – Chaired fundraising efforts and assisted in walk planning, preparation, and running the event on the day of the walk

### ***References***

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\*Available upon request