

Melody Willoughby, Ph.D.

EDUCATION

- 8/2017 **Doctor of Philosophy, Clinical Psychology (Health Emphasis)** (APA Accredited)
 Ferkauf Graduate School of Psychology
 Yeshiva University, Bronx, New York
- 1/2015 **Master of Arts, Clinical Psychology**
 Ferkauf Graduate School of Psychology
 Yeshiva University, Bronx, New York
- 5/2010 **Bachelor of Arts, Psychology, Summa Cum Laude**
 Rutgers University, New Brunswick, NJ
Major: Psychology **Minor:** Religion

LICENSURE

- 9/2018 New Jersey/New York State Licensure
(Expected)
- 9/2017 New Jersey Temporary Permit for the Practice of Psychology

SUPERVISED CLINICAL TRAINING

- 9/2018-
 Present ***Staff Psychologist and Group Coordinator***
The College of New Jersey Counseling and Psychological Services (CAPS)
 Ewing, New Jersey
- Provide brief and long term individual therapy with a caseload averaging 20 clients/week
 - Lead the LGB and Trans support groups
 Participate in twice weekly urgent care coverage
 - Conduct structured initial consultations with students to initiate counseling services
 - Schedule, coordinate, and facilitate group programming services including analyzing group outcome measure data
- 9/2017-
 8/2018 ***Postdoctoral Fellow***
Montclair State University Counseling and Psychological Services (CAPS)
 Montclair, New Jersey
- Conducted brief and long term individual therapy with a caseload averaging 15 clients/week
 - Provided outreach through the “Let’s Talk” consultation service for 1.5 hours weekly
 - Co-led and process observed two interpersonal process groups
 - Engaged in one hour of weekly phone screenings to triage students to intake or referral
 - Conducted structured intake interviews and wrote reports based on this assessment
 - Participated in after hours on-call rotation as both primary and “back up” 4 weeks per semester
 - Provided one hour of weekly supervision to a first-year doctoral extern
 - Presented in weekly case disposition meetings for client assignment
 - Planned and facilitated outreach activities
 - Received bi-weekly individual and group supervision
Supervised by Christopher Drost, Ph.D. and Jennifer Vogel-Davis, Ph.D.

8/2016- ***Doctoral Intern***

8/2017 **Texas Tech University Student Counseling Center (SCC) (APA Accredited)**
Lubbock, Texas

- Provided brief and long term individual therapy with a caseload averaging 15 clients per week
- Provided therapy in both interpersonal processing and support groups, including the Trans*/Non-Binary and LGB group
- Received training through specialized rotations working with clients with LGBTQ concerns and issues of diversity
- Conducted brief intake interviews focusing on assessment and diagnosis as well as crisis intervention through the walk-in clinic
- Participated in “on-call” rotation one week per semester
- Provided 1.5 hours of weekly supervision to doctoral practicum students
- Participated in once weekly training seminars focused on assessment, outreach, clinical case presentations, professional issues, supervision, and diversity
- Led seminars focused on diversity and clinical issues
- Planned and facilitated outreach activities
- Completed multiple assessment batteries and wrote integrated reports
- Received weekly supervision including individual, group, peer consult, and case seminar
Supervised by Marie Moerkbak, Ph.D., Sharla Boyd, Ph.D., Richard Lennox, Ph.D., Klinton Hobbs, Ph.D., and Amanda Wheeler, Ph.D.

8/2015- ***Psychology Extern***

3/2016 **Essex County Hospital Center**
Cedar Grove, New Jersey

- Conducted bi-weekly individual therapy with patients with diagnoses of SMI such as bipolar I and schizophrenia
- Conducted intake assessments of recently admitted patients
- Consultation-liaison in interdisciplinary team meetings advocating for patients
- Administered cognitive, personality, and neuropsychological assessments wrote integrated reports based upon these batteries
- Bi-weekly individual supervision and once weekly group supervision
Supervised by Barbara Alter, Ph.D., Dona Belluci, Ph.D., and Nicole DeVita, Ph.D.

9/2014- ***Practicum Therapist***

5/2015 **Montclair State University Counseling and Psychology Services (CAPS)**
Montclair, New Jersey

- Carried a caseload of 5 weekly individual psychotherapy clients
- Conducted structured evaluations and wrote reports based upon these intakes
- Engaged in outreach programs focused on women’s issues and LGBT concerns
- Participated in weekly case disposition meetings for client assignment
- Bi-weekly individual supervision
Supervised by Susan Walker, Ph.D. and Danila Musante, Ph.D.

6/2013- ***Practicum Therapist***

7/2014 **Spectrum Services**

New York, New York

- Conducted weekly individual therapy with 5 patients diagnosed with autism
 - Used approaches such as CBT and systematic desensitization in treatment planning
 - Conducted intakes and scored protocols used in diagnosing Asperger's syndrome including BRIEF-A, SRS-2, AQ, and EQ
 - Wrote assessment reports integrating findings from Asperger protocols, patient report, and interviews for both legal and Social Security purposes
 - Bi-weekly individual supervision
- Supervised by Lynda Geller, Ph.D. and Katherine Cody, Psy.D.**

1/2013- ***Behavioral Medicine Student Therapist***
 8/2014 **The Max & Celia Parnes Family Clinic**
Ferkauf Graduate School of Psychology
 Yeshiva University, Bronx, New York

- Conducted semi structured intake evaluations of patients using the SCID-I
 - Conducted outpatient individual psychotherapy once weekly
 - Administered SCID-I and Bariatric questionnaire to evaluate the psychological functioning of patients applying for bariatric surgery
 - Wrote reports based on evaluation to approve or reject patient as suitable for surgery
 - Weekly individual supervision
- Supervised by Germaine Griswold, Ph.D.**

OUTREACH EXPERIENCE

9/2017- **“Let’s Talk”**
 Present **Montclair State University CAPS, Montclair, NJ**

- Provide 15-20 minute consultation to students at a satellite office in order to reach students who may not attend counseling services due to stigma or other barriers
- Serve as a liaison for students interested in continued therapy by connecting them with CAPS

3/2017 **Difficult Discussions: Intersectionality**
Texas Tech University Student Counseling Center, Lubbock, TX

- Facilitated open dialogue in small groups led by moderators that encouraged participants to explore and discuss their multiple identities, including areas of privilege and marginalization
- Coordinated event through collaboration with other organizations on campus

2/2017 **Difficult Discussions: “Let It Out”**
Texas Tech University Student Counseling Center, Lubbock, TX

- Created a safe space to discuss reactions to the political climate on campus post-election
- Moderated and processed reactions from smaller group discussions led by professors
- Established event as a recurring series in collaboration with the Black Graduate Student Association, Cross-Cultural Center, Muslim Student Association, and Gay Straight Alliance

2/2017 **Vagina Monologues**
Texas Tech University Student Counseling Center, Lubbock, TX

- Provided educational materials and answered questions for students regarding counseling center services at a tabling event
- 1/2017 **Tunnel of Oppression**
 Texas Tech University Student Counseling Center, Lubbock, TX
- The Tunnel of Oppression highlights contemporary issues of oppression by introducing participants to the concepts of oppression, privilege and power. Participants are guided through a series of scenes that educate and challenge them to think more deeply about issues of oppression.
 - Served as a facilitator for group tours and process after walk-through experience
- 1/2017 **Texas Tech Wellness Fair**
 Texas Tech University Student Counseling Center, Lubbock, TX
- Administered brief screening inventories assessing depression, anxiety, PTSD, and BPI
 - Provided “rape myth” quizzes to students and provided psychoeducation about consent
- 10/2016 **Raider Ready Stress Management**
 Texas Tech University Student Counseling Center, Lubbock, TX
- Presented a 1-hour lecture on stress management to incoming freshman designed to prepare them for a successful transition from high school to college life
- 9/2016 **Sexual Assault Talk Show**
 Texas Tech University Student Counseling Center, Lubbock, TX
- Participated in an innovative outreach experience designed to correct myths related to sexual assault and rape
 - Played the role of the perpetrator during two concurrent presentations
 - Utilized role to engage audience in dispelling rape myths and correct victim blaming behavior
 - Provided information of how to provide support for friends who have been sexually assaulted as well as education on state law and reporting
- 9/2016 **Gender Identity versus Gender Expression**
 Texas Tech University Law School, Lubbock, TX
- Co-led a presentation on differences between gender identity, gender expression, and biological sex utilizing the “Genderbread Person” to faculty at the Texas Tech Law School
- 3/2015 **Navigating the Intersection of Multiple Identities in the Coming Out Process**
 Montclair State University Safer Space Conference, Montclair, NJ
- Co-led a presentation focused on the intersection of multiple identities, primarily focusing on privilege vs. marginalized statuses
 - Included experiential arts and crafts activities designed to facilitate exploration of multiple aspects of the self
- 3/2015 **Combating Compassion Fatigue**
 Montclair State University, Montclair, NJ

- Co-led presentation for guidance counselors and support staff on how to recognize and identify when they may be experiencing compassion fatigue
- Identified and encouraged self care techniques

4/2015 **Healthy Relationships Workshop**
Montclair State University, Montclair, NJ

- Co-led discussion focused on identifying unhealthy relationship patterns and ways to express needs and advocate for self in romantic relationships

12/2014 **De-Stress for Finals**
Montclair State University, Montclair, NJ

- Led a craft workshop in a residence hall to encourage students to engage in active self care behaviors during stressful periods of life
- Taught crafts projects, such as finger knitting, and facilitated dialogue on stress and self care

10/2014 **Drug and Alcohol Awareness Week**
Montclair State University, Montclair, NJ

- Administered alcohol (AUDIT) and drug (CUDIT) screenings to students as part of a larger drug and alcohol awareness week
- Provided feedback and recommendations based on screening results

ADDITIONAL TRAINING

5/2018 **Narcan Training for Opioid Overdose Prevention**
 Instructor: Alton Robinson, Lead Recovery Specialist, CARES

Two-hour training in which participants learn what to do in case of an overdose and how to administer the lifesaving, overdose reversal agent known as Naloxone or Narcan.

1/2018 **Collaborative Assessment and Management of Suicidality (CAMS)**
 Online training through CAMS-Care

In this four-hour training, clinicians are given a therapeutic framework for suicide-specific assessment, suicide-specific treatment planning, and tracking of on-going risk.

8/2016 **QPR Certified Suicide Prevention Gatekeeper**
 Instructor: Klinton Hobbs, Ph.D., Texas Tech University

In this one-hour training, lay and professional "gatekeepers" are taught the warning signs of a suicide crisis and how to respond appropriately. The process follows three steps: (1) Question the individual's desire or intent regarding suicide, (2) Persuade the person to seek and accept help, and (3) Refer the person to appropriate resources.

2/2015 **Mindfulness-Based Cognitive Therapy for Chronic Headache Pain**
 Instructor: Melissa Day, Ph.D., University of Queensland

This three-day training focused on MBCT for pain; this treatment integrates key CBT and MBSR interventional strategies to directly target change in mindfulness and pain acceptance, which subsequently indirectly leads to change in maladaptive cognitions.

1/2015 **Safe Space Training**

Sponsored by the LGBTQ center at Montclair State University.

In this one-day workshop, participants in the program work to end homophobia and heterosexism on campus and create a visible network of support for the LGBTQ community.

6/2013 **College Coaching: Helping Students on the Autism Spectrum Transition to Post-Secondary Education**

Instructor: Lynda Geller, Ph.D., Spectrum Services

Adolescents with Asperger Syndrome (AS) and other Autism Spectrum Disorders (ASD) often have superior intellectual ability, but struggle with the social and organizational aspects in college. This unique one-week training program will prepare individuals to support students with AS and ASDs in making the transition to higher education.

9/2008 **Life Skills Program**

Instructor: John Abela, Ph.D., Rutgers University

8-week group intervention program aimed at middle school children identified as “high risk”. The cognitive-behavioral training program teaches coping skills and topics such as resilience and how to avoid “thinking traps”.

RESEARCH EXPERIENCE

1/2015- *Research Assistant*

7/2016 **Headache and Adherence Lab**
Ferkauf Graduate School of Psychology
 Yeshiva University, Bronx, NY

- Developed an understanding of migraine, headache, and pain as well as the psychosocial factors that influence medication adherence via research and didactics
 - Conducted research pertaining to dissertation topic of HIV status, chronic pain, and medication adherence
 - Participated in “journal club” by researching and discussing relevant articles in lab meetings
- Principal Investigator: Elizabeth Seng, Ph.D.**

6/2015- *Research Assistant*

6/2016 **Mindfulness-Based Cognitive Therapy (MBCT)**
Bronx Mindfulness Based Cognitive Therapy for Migraine Study
 Bronx, New York

- Recruited and screened potential participants by assessing eligibility for a migraine diagnosis
- Conducted intake interviews of potential participants, administering PROMIS anxiety and depression measures, the migraine disability assessment (MIDAS), and the Montreal cognitive assessment (MoCA)
- Wrote assessment reports integrating information utilizing the above measures

- One hour of individual supervision weekly and one hour of group supervision monthly
Supervised by Elizabeth Seng, Ph.D. and Dawn Buse, Ph.D.

9/2012 **Research Assistant**

7/2015 **Systems Neuroscience Lab**
Ferkauf Graduate School of Psychology
Yeshiva University, Bronx, NY

- Conducted research for pre-doctoral project and collaborated for publishing
- Developed and refined a protocol useful in detecting deficits due to traumatic brain injury by using visual evoked potential (VEP) methods
- Developed an understanding of neuroscience and psychometric measures, focusing on VEPS
- Collaborated with advisor on current research projects and papers
Principal Investigator: Vance Zemon, Ph.D.

HONORS AND AWARDS

Summa Cum Laude Spring 2010

Dean's List Fall/Spring 2006-2010

Academic Excellence Award Spring 2008/2009/2010

PUBLICATIONS AND PRESENTATIONS

Weinberger, A.H., Seng, E.K., Ditre, J.W., **Willoughby, M.**, & Shuter, J. (in press). *Interrelations of pain and cigarette smoking in a sample of adult smokers living with HIV/AIDS*. Nicotine & Tobacco Research.

Willoughby, M., Weinberger, AH, Shuter, J, Seng, EK. *Pain, Psychiatric Symptoms, and Medication Adherence in Adult Smokers Living with HIV*. Ann Behav Med. 2016;50(S1):s316.

Seng, EK, Lawson, JL, Cervoni, C, Oken, R, Singer, A, Marquez, C, Sheldon, S, Patel, ZS, **Willoughby, MA**, McKee MD, Bonuck, K. *The burden of sleep problems in urban primary care*. Ann Behav Med. 2016;50(S1):s156.

Willoughby, M. & Wadhvani, S. (November 2015). *Understanding the Multiple Aspects of Identity in the Coming Out Process*. Presented at the LGBTQA College Leadership Conference, 2015 Montclair, NJ.

Willoughby, M. & Thompson, H. (November 2015). *Negotiating Power: Intersectionality in the Coming Out Process and Beyond*. Presented at the Mid-Atlantic LGBTQA Conference, 2015 Bloomsburg, PA.

Willoughby, M. & Wadhvani, S. (March 2015). *Navigating the Intersection of Multiple Identities in the Coming Out Process*. Presented at Montclair University's Safer Space Conference, 2015 Montclair, NJ.

Willoughby, M., Sheldon, S. E., Gordon, J., & Zemon, V. (May 2013). *Parallel Visual Pathways and Concomitant Neural Mechanisms Explored in Patients with Traumatic Brain Injury (TBI): A Visual Evoked Potential (VEP) Study*. Presented at Ferkauf's 10th Annual Behavioral and Social Sciences Research Day.

Esan, H., **Willoughby, M.**, Lee, C.J., Segal, K.S., Burns, A., Seng, E., Shuter, J., Weinberger, A.H. (February, 2016). *Examination of the Role of Smoking and Anxiety in Medication Adherence among People Living with HIV*. Presented at the Society for Research on Nicotine and Tobacco Conference 2016, Chicago, Illinois.

Sheldon, S. E., **Willoughby, M.**, Gordon, J., & Zemon, V. (May 2013). *Lateral inhibition in traumatic brain injury patients: A visual evoked potential (VEP) study*. Presented at Ferkauf's 10th Annual Behavioral and Social Sciences Research Day.

Zemon, V., Zweifach, J.G., Sheldon, S.E., Rothkopf, K.B., **Willoughby, M.**, Hu, G., Stewardt, C., & Gordon, J. (May, 2014). *Comparisons of VEPs elicited by an organic LED (OLED) vs. a cathode-ray tube (CRT) display*. Presented at the International Society for Clinical Electrophysiology of Vision Symposia, Boston, MA.

Seng, E., Lawson, J., Cervoni, C., Oken, T., Singer, A., Marquez, C., Sheldon, S., Patel, Z., **Willoughby, M.**, Chambers, E., *McKee, M. & * Bonuck, K. (*co-senior authors). (September 2015). *Sleep in Primary Care*. Presented at 2015 NYC RING Convocation of Practices.

ASSESSMENT EXPERIENCE

Personality: Rorschach Inkblot Method (Exner Comprehensive System), Millon Clinical Multiaxial Inventory-IV (MCMI-IV), Minnesota Multiphasic Personality Inventory-2 (MMPI-2), House Tree Person (HTP), Rotter Incomplete Sentence Blank, Thematic Apperception Test (TAT)

Cognitive: Wechsler Adult Intelligence Scale-IV (WAIS-IV), Montreal Cognitive Assessment (MoCA),

Neuropsychological: Behavioral Rating Inventory of Executive Function (BRIEF), Bender Visual Motor Gestalt Test (Bender-Gestalt), Color Reading Interference (Stroop), Mini Mental State Examination (MMSE), Wechsler Memory Scale-IV (WMS-IV)

Symptom Inventories and Diagnostic Measures: Beck Anxiety Inventory (BAI), Beck Depression Inventory (BDI-II), Brief Psychiatric Rating Scale (BPRS), Migraine Disability Assessment (MIDAS), Adult Asperger Assessment (AAA), Structured Clinical Interview I and II (SCID I and SCID II)

PROFESSIONAL MEMBERSHIP

American Psychological Association (APA), Student Member, Division 44 (Lesbian, Gay, Bisexual, and Transgender issues; 2015-2016 Mentoring Program

American Psychological Association (APA), Student Member, Division 35 (Psychology of Women: Lesbian, Bisexual, and Transgender Concerns)

American Psychological Association (APA), Student Member, Division 17, Counseling Psychology

ORGANIZATION

Secretary

Craftivists! At RU

Rutgers University, New Brunswick, NJ

Organization that blends crafts and activism on a small scale consciousness and brings it into the community through mediums such as art and charity.

RELATED SKILLS

Proficient in Microsoft Office, SPSS, and Titanium Schedule