**Ivy Gosnell, MSBH, MA**

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Brooklyn, NY 11221

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NMS Applicant Code Number: 31855

igosnell@mail.yu.edu

**EDUCATION**

Sep 2018 – **Ph.D. Candidate**

*Expected May 2023*  **Clinical Psychology (Health Emphasis**), APA Accredited

***Ferkauf Graduate School of Psychology, Yeshiva University***Bronx, New York

Director of Clinical Training: Bari Hillman, Ph.D.

E-mail: bari.hillman@yu.edu

Current GPA: 3.97

*Minor in Clinical Neuropsychology Minor (2020-2021)  
Minor in Research Methodology and Statistics (expected 2020-2022)*

Jan 2021 **M.A., Psychology**   
***Ferkauf Graduate School of Psychology, Yeshiva University***

Bronx, New York

Aug 2017 **M.S., Behavioral Health**

***University of San Francisco***

San Francisco, California

Aug 2012 **B.A.**, **Cognitive Science Major, Concentration in Neuroscience**

***University of Pennsylvania***  
Philadelphia, Pennsylvania

*Minor in Biological Basis of Behavior*

*Minor in Fine Art*

**SUPERVISED DOCTORAL CLINICAL TRAINING**

Aug 2021—May 2022 **Psychology/Neuropsychology Extern**  
 ***Northport Veterans Affairs Medical Center***

Northport, NY  
 Acute Units

* Provide group therapy and individual interventions on two inpatient units for veterans: one targeting cognitive decline, and one targeting acute intervention for severe mental illness
* Conduct intakes with veterans entering a unit.
* Provide interventions for veterans to support their transition out of the unit and into appropriately supportive environments

**Supervisor: Louis Mora, PhD**

Neuropsychological Assessment

* Conduct intakes with veterans referred for neuropsychological evaluation
* Administer neuropsychological batteries tailored to referral questions
* Write integrated assessment reports for review by both the patient and their clinical care team
* Provide in same-day in-person feedback to veterans

**Supervisor: Dr. Christine Mihaila, PhD, ABPP-CN**

Mental Health Clinic

* Carry a caseload of 2 veterans for outpatient therapy, in person

**Supervisor: Louis Mora, PhD**

July 2021—May 2022 **Psychology/Therapy Research Extern  
 *Memorial Sloan Kettering Cancer Center***

New York, NY (Telehealth)  
 Cognitive Behavioral Therapy

* Provide manualized cognitive behavioral therapy (8 weekly sessions) to caregivers of a cancer patient with a life-limiting cancer diagnosis, targeting increasing coping mechanisms for anxiety and improving emotional self-management
* Conduct manualized cognitive behavior intervention (4 sessions, every other to every third week) with cancer patients with severe distress and/or cancer-related PTSD. Therapeutic intervention is in conjunction with a trial of a mobile health application targeting in-the-moment self-management of trauma responses, as well as data collection. This is part of a clinical trial: A Study Assessing a Mobile App to Help People with Traumatic Stress After a Stem Cell Transplant

**Supervisor: Allison Applebaum, PhD**

Supportive Therapy for Bereavement

* Provide supportive therapy (16 weekly sessions) for parents grieving a child who died from cancer. This is part of a clinical trial: Development of Psychotherapeutic Interventions for Parents Who Lost a Child

**Supervisor: Wendy Lichtenthal, PhD**

Feb 2021—July 2021 **Neuropsychology Extern**

***NYU Langone Hospital Long Island – Department of Psychiatry***

Mineola, NY

* Conducted intake interviews with individuals in the emergency room with noted psychological distress, as available
* Provided brief supportive therapy for individuals admitted to the hospital with substance use and psychological diagnoses, as available, including mindfulness practices, emotional de-escalation, and psychoeducation around medication changes, substance use and abuse, and health.
* Attended psychiatric rounds and support current medical students in building their clinical interview skills
* Assisted with neuropsychological evaluations in the hospital’s outpatient behavioral health setting

**Supervisor: Carole Filangieri, PhD**

Sept 2020\*—Sept 2021 **Neuropsychology Extern**

***Weill Cornell Medicine – Department of Neurological Surgery***

New York, NY (Teleheath)

* Conducted virtual neuropsychological evaluations and treatment with a diverse neurosurgical patient population across the lifespan, with diagnoses including, but not limited to: epilepsy, Parkinson's disease and movement-related disorders, brain cysts and tumors, post-stroke symptomatology, cerebrovascular disorders, hydrocephalus, genetic disorders, traumatic brain injury, and ADHD
* Supported group cognitive rehabilitation interventions as well as individual cognitive rehabilitation sessions, as available
* Contributed to two INS posters (see Publications and Presentations)
* Due to Covid-19, onboarding was delayed from an anticipated July 2020 start until September, and limited to research and didactics in neuropsychology through November. Patients were seen regularly via telehealth beginning in December 2020.

**Supervisor: Heidi Bender, PhD, ABPP-CN**

Mar 2020—Aug 2020 **Psychology Extern**

***New York State Office of Mental Health – Covid-19 Emotional Support Line***

(Telehealth)

* Provided brief intervention over the phone to individuals experiencing emotional distress due to Covid-19
* Frequent call themes included grief, loss, and anxiety around being exposed to the virus
* Calls required ability to assess for suicidality, acquire translator, and refer out to appropriate state or local resources
* Participated in weekly group supervision
* Didactic training through OMH

**Supervisor: Bari Hillman, PhD**

Sept 2019—July 2020\* **Psychology Extern**

***New York State Office of Mental Health – South Beach Heights Hill Outpatient Department***

Brooklyn, NY (Transitioned to Telehealth due to Covid-19)

* Carried 3-4 individual weekly psychotherapy cases for clients with severe and pervasive mental illness. Primary clinical issues include schizophrenia, schizoaffective disorder, and anxiety, in low-income clients
* Conducted assessments on 1-2 inpatient psychological cases, as needed at South Beach – Staten Island
* Conducted two psychological assessments for client participation in cognitive remediation for schizophrenia research study
* Co-led two groups:
  + A psychoeducational remedial life-skills group oriented on nutrition choices and cooking, including off-site field trips to practice grocery shopping and real food preparation and discussion.
  + A cognitive remediation group in which clients undergo assessment and then participate in a custom digital learning plan using such products as Lumosity, with additional discussion of how to integrate practiced skills into day-to-day life. This group is part of a research study including pre- and post-testing of clients
* Participated in weekly high-risk client meetings, as well as staff meetings and didactic trainings
* Clinical activities and didactics suspended in mid-March due to Covid-19, then resumed in mid-April via telehealth
* Though externship formally concluded June 25, 2020, due to a gap in clinician availability, stayed on assisting with the Cognitive Remediation group one to two times weekly through the month of July to support staff, under supervision of Dr. Susanne Shulman.

**Supervisor: Laura Loewenthal, PhD**

Feb 2019—Aug 2020 **Behavioral Medicine Student Therapist**

**The Max & Celia Parnes Family Psychological and Psychoeducational Services Clinic**

***Ferkauf Graduate School of Psychology***

Yeshiva University, Bronx, New York

* Carried a caseload of 3 weekly individual psychotherapy cases
* Treatment issues included anxiety, depression, anger, family issues, coping with stress, physical pain and/or other physical health issues.
* Conducted pre-surgical psychological evaluations for patients seeking bariatric surgery; provide written assessment to referring physicians.
* Responsible for all case documentation
* Completed weekly individual supervision

**Supervisor: Tara Hannon, PsyD**

**DOCTORAL RESEARCH EXPERIENCE**

June 2021—Present **Principal Investigator,** **Dissertation**  
*Title: “Adherence to mHealth for Migraine: Individual and App-Based Predictors.”*  
***Yeshiva University***

Bronx, NY

* Mixed-methods dissertation
* Quantitative data already collected: study will be a secondary analysis
* Qualitative interviews to be conducted in fall 2021 from an existing participant pool
* Represents the first clinical research into how vision-disrupting symptoms of migraine impact accessibility of technology, i.e. how migraine headache disrupts cellphone and computer use
* Proposal: approved 06/29/2021
* Oral Defense: anticipated 02/2022

**Chair: Elizabeth Seng, PhD**

Jan 2019—Aug 2020 **Principal Investigator,** **Pre-Doctoral Thesis**

*Title: “Person-level Predictors of Migraine Medication Adherence”*

***Yeshiva University***

Bronx, NY

* Conducted statistical analysis via logistic regression into person-level predictors (i.e. demographic characteristics, locus of control, level of headache-related disability) and decisions around migraine medication
* Completed and accepted September 3, 2020

**Supervisor: Elizabeth Seng, PhD**

Jan 2018—Present **Research Assistant**

**Headache and Adherence Research Lab**

***Ferkauf Graduate School of Psychology***

Yeshiva University, Bronx, New York

* Discuss and develop ideas pertaining to current pre-doctoral and doctoral level research projects of peers
* Develop understanding of patterns of adherence in headache management, mindfulness and cognitive behavior therapy and their impact on migraine and use of digital applications to track and manage headache
* Collaborate with advisor on current research projects and papers
* Pre-doctoral research project focuses on person-level factors relating to decisions to delay and switch migraine medications
* Collaboration with Veterans Affairs – Headache Center of Excellence via participation in their Qualitative Core research group, assisting with qualitative research projects in-progress

**Principal Investigator: Elizabeth Seng, PhD**

Sep. 2018—Dec 2018 **Research Assistant**

**Psychology of Diabetes Research Lab**

***Ferkauf Graduate School of Psychology***

Yeshiva University, Bronx, New York

* Discussed and developed ideas pertaining to current pre-doctoral and doctoral level research projects of peers
* Developed understanding of diabetes, current issues in health and nutrition, illness management, and mental and medical health care strategies
* Collaborated with advisor on current research projects and papers

**Principal Investigator: Jeffrey Gonzalez, PhD**

**ADDITIONAL RESEARCH EXPERIENCE**

Jan 2017—Aug 2017 **MSBH Capstone Project**   
*Title: “Do you think I should be worried?” Building a Call Structure for*

*HIV- Callers to the HIV Nightline*

***University of San Francisco***

San Francisco, CA

* Planned, conducted interviews with volunteer counselors, collected data on calls, and analyzed data regarding apparent health anxiety in callers at extremely low risk for HIV exposure
* Made recommendations to hotline regarding screening criteria and call structure specific to these anxious but low-risk callers
* Wrote thesis paper on a process-improvement project meant to support hotline volunteers in managing a category of callers with specific needs

**Supervisor: Kathleen Raffel, PhD, MBA, MSW   
and in collaboration with San Francisco Suicide Prevention**

Feb 2011—May 2012 **Research Lab Assistant**

**Kubin Laboratory of Neurochemical Mechanisms of REM Sleep and Sleep-Related Respiratory Disorders  
*University of Pennsylvania***Philadelphia, PA

* Prepared tissue on the cryostat and mounted tissue.
* Scored polysomnograms
* Identified and counted cell types under the microscope
* Entered and graphed data
* December 2011: completed an independent study project with Dr. Kubin regarding the temporal structure of muscle activation during REM sleep in rats ("Temporal structure of phasic muscle twitches in rodents during the dream phase of sleep")

**Supervisor: Dr. Leszek Kubin, PhD**

**PEER REVIEW CONTRIBUTIONS**

March 2021 Reviewer for APA – Division 44 conference abstracts

Aug 2020 Ad Hoc reviewer for Headache, under supervision of Dr. Elizabeth Seng

**RESEARCH WORK EXPERIENCE**

Sep 2017—Sep 2019 **Researcher: Qualitative User Experience Research**  
***Facebook, Contract via ProUnlimited***

Menlo Park, California and New York, New York

* Conducted user experience usability and broad qualitative testing for Facebook brand
* Planned and executed qualitative and quantitative studies.
* Reported findings to interdisciplinary teams
* Strategized research and recommendations to best reflect needs of 2 billion product users

Aug 2015—Jul 2017 **User Experience Researcher  
  *Fundbox***  
 San Francisco, California

* Lead research efforts as the sole UX researcher across 3 B2B financial services products at a high-growth technology start-up
* Assessed and tested potential new features for need, clarity, and function
* Identified product issues; worked cross-functionally to develop resolutions
* Conducted tests end-to-end: recruit participants, run sessions/surveys, analyze results, and present actionable insights to stakeholders
* Conducted foundational, iterative, and evaluative testing for new products

Mar 2013—Aug 2015 **Research Associate  
 *Design Science***  
 Philadelphia, Pennsylvania and San Bruno, California

* Collaborated with interdisciplinary teams and clients to develop insights into the usability of medical products and instructions
* Produced summaries of errors, root causes, and actionable suggestions for mitigations
* Synthesized data from multiple sources to identify patterns of behavior, produce reports, and give presentations

**OTHER RELATED EXPERIENCE**

October 2021 **Gender Affirmative Therapy Training**

***Virtual Curriculum - Towson University***

* + - * Volunteered to participate in a study comparing Towson University’s Gender Affirmative Therapy Training Suite to traditional virtual didactic training in gender-affirming care
      * Role-played gender-affirming patient therapeutic care across four scenarios for pre- and post-evaluation
      * Completed online training in provision of gender-affirming care

August 2021 **Certificate: Completion of APA Substance Use Disorders (SUDs) Curriculum for Psychology Graduate Students**

***Ferkauf Graduate School of Psychology***

* + - * Completed extracurricular didactic coursework to complete and evaluate an APA teaching curriculum
      * Course led by Dr. Andrea Weinberger

Jan 2016—Jun 2018 **Crisis Counselor** **Volunteer**

***San Francisco Suicide Prevention***

San Francisco, California

* Answered calls across multiple local and national suicide hotlines, as well as the HIV Nightline
* Assessed for suicide and de-escalated suicidal callers
* Provided emotional support, reflective listening, supportive interventions, and contracts to prevent suicide attempts as needed
* Accrued over 275 volunteer hours

Oct 2011—May 2012 **Undergraduate Representative, University Council: Committee on Open Expression and University Council: Committee on Diversity and Equity**

***University of Pennsylvania***Philadelphia, Pennsylvania

* Represented university’s undergraduate population on collaborative councils
* Contributed to efforts to produce a proactively inclusive and safe campus environment
* Advocated for free speech and for equality

**PEER REVIEWED PUBLICATIONS**

**IN PRESS**

Seng, E. K., **Gosnell, I.**, Sutton, L., & Grinberg, A. S. (in press). Behavioral management of episodic migraine: Maintaining a healthy consistent lifestyle. *Current Pain and Headache Reports*.

**UNDER REVIEW**

Grinberg, A. S., Damush, T., Lindsey, H., Baird, S., **Gosnell, I.,** Goldman, R. E., Riley, S., Burrone, L., Sico, J. J., S& Seng., E. K. (2021). *The Health Psychologists’ Role in Pediatric and Adult Headache Care: A Qualitative Analysis with Seven Experts.* Manuscript submitted for publication.

**PRESENTATIONS AT SCIENTIFIC MEETINGS**

**Gosnell, I.,** Marzouk, M., & Seng, E.K. (2022, April 6-9). *Sleep Reductions and Occurrence of Same-Day Headache.* [Poster presentation.] Society of Behavioral Medicine 43rd Annual Meeting & Scientific Sessions, Baltimore, MD, United States.

**Gosnell, I.**, Damush., T., Lindsey, H., Goldman, R., Grinberg, A., Riley, S., Burrone, L., Baird, S., Fenton, B., Sico, J. J., & Seng, E.K. (2021, September 8-12, Virtual). *Impact of Headache on Quality of Life in US Veterans: a Qualitative Study.* [Poster presentation]. International Headache Congress, Berlin, Germany [virtual].

Purnell., J., Amalfe, S., **Gosnell, I**., & Cornell, M. A. (2021, February 2-5). *Moving Away from a Binary Perspective: Evaluating the Use of Normative Data in the ​ Neuropsychological Assessment of Transgender and Gender Non-Conforming Individuals*​. [Poster presentation] Annual Meeting of the International Neuropsychological Society, San Diego, CA, United States [virtual].

Lall, S., Turman, M., Jacobs, S., Brown, T., Lynch, K., **Gosnell, I**., Spat-Lemus, J., Bender, H., and Sacks-Zimmerman., A**.** (2021, February 2-5). *Cognitive and Psychiatric Sequelae of Mild to Moderate COVID-19 Infection: Treatment Implications for Integrated Cognitive Remediation (CR)/Cognitive Behavioral Treatment (CBT)*. [Poster presentation] Annual Meeting of the International Neuropsychological Society, San Diego, CA, United States [virtual].

**Gosnell, I.**, Metts, C., and Seng, E. (2019, October 3-5). *Development and Evaluation of a Mobile Health Clinical Decision Support Tool for Patient Migraine Management*. [Poster presentation] 2019 Annual Meeting of the APA Science, Technology, and Mind Conference, Washington, D.C, United States.

**TEACHING AND INSTRUCTION**

Jan 2022—May 2022 **Statistics Lab Instructor**

***Brooklyn College***

* Plan and execute a syllabus for instruction of statistics for psychology students
* Lead weekly content-forward lecture of lab section
* Provide instruction for use of statistics software, JAMOVI
* Conduct broader lecture as needed
* Grade student assignments and provide detailed feedback
* Lead weekly office hour
* Coordinate with students regarding absences, grading, extensions, and Covid-19 related accommodations

Aug 2021—Dec 2021 **Lifespan Development TA**

***Ferkauf Graduate School of Psychology*, *Yeshiva University***

* Assist in planning a versatile, responsive, and empathetic syllabus for a class on developmental psychology to be conducted during the Covid-19 pandemic
* Assist professor in conducting seminar for students from all 3 Ferkauf graduate programs
* Grade student assignments, including written assignments and presentation
* Coordinate with students regarding absences, Covid-19 related accommodations and updates, and grading

June 2021—June 2022 **Parnes Clinic – Behavioral Medicine Program TA  
*Parnes Clinic of Yeshiva University***

* Conduct intakes for ongoing therapy with patients pursuing accessible, low-cost care at a student-run clinic
* Coordinate onboarding of and assignment of clinical supervisors to student trainees
* Onboard new student clinicians to the clinic, including orientation procedures, provision of workplace documentation, and best practices guidance
* Provide ongoing support to student clinicians related to clinic technology, payments, patient questions, scheduling, supervision-based challenges, and patient transfer
* Conduct intakes for bariatric evaluations with patients pursuing bariatric surgery
* Evaluate students based on participation in required clinic duties
* Provide oversight to students with all clinic tasks, including chart review, mid-year evaluations, and end-of-year patient terminations

**LEADERSHIP ACTIVITIES**

Jan 2021—Present **Chair Elect and Chair, Executive Board**

***New York State Psychological Association’s Graduate Students (NYSPAGS)***

* Facilitate professional development events in conjunction with other Executive Board members
* In coordination with the current chair, run and manage NYSPAGS events and internal meetings
* Two-year appointment: after fulfilling one year as Chair-Elect, in 2022 will transition to Chair responsibilities

Jan 2021—Present **Social Media Committee Member for Society for Health Psychology  
*American Psychological Association Division 38***

* Assist in crafting social media presence (Twitter, Facebook, LinkedIn) for SfHP
* Post on Twitter and Facebook on behalf of APA Division 38
* Leverage experience in technology industry to design new campaigns and increase engagement

Oct 2020—Present **Student Member: Student-Faculty Coalition**

***Ferkauf Graduate School of Psychology***

* Represent students of the Clinical Psychology program in inter-program meetings with faculty regarding issues of diversity and equity
* Participate in the Curriculum Working Group, supporting proactive adaptations of curricula to be more inclusive

Sept 2020—Present **Students of Diverse Identities – Co-Chair *Ferkauf Graduate School of Psychology***

* Plan and run events to support students from all Ferkauf programs
* Identify opportunities to provide emotional support and safe spaces for processing of political events, COVID-related challenges, etc

2019—2021 **Admissions Assistant**

***Ferkauf Graduate School of Psychology***

* Reviewed incoming applications and provide initial admissions recommendation
* Facilitated planning, coordination, and execution of interview days
* Advised applicants of admissions decisions
* Provided transitional support to incoming students with orientations and additional coffee Q&A sessions prior to first day of class

2019—2020 **Seng Research Lab Teaching Assistant**

***Ferkauf Graduate School of Psychology***

* Assisted with management activities of current research studies
* Supported incoming lab members

**HONORS AND AWARDS**

2021 **Frontiers in Headache Scholarship**

***American Headache Society***

* Awarded based on merits of proposed dissertation project
* Financial award to support attendance of the American Headache Society’s November 2021 conference
* Invited presentation of project proposal and preliminary findings

2018-2021 **Merit Scholarship**

***Ferkauf Graduate School of Psychology***

2016 **Population Health Merit Scholarship**

***University of San Francisco***

**PROFESSIONAL MEMBERSHIP**

American Psychological Association (APA), Student Member

Member, Divisions of Psychologists in Public Service (18), Rehabilitation Medicine (22), Health Psychology (38), Psychology of Sexual Orientation and Gender Diversity (44), and Lesbian, Bisexual, and Transgender Concerns (354)

American Headache Society, Student Member

New York State Psychological Association, Student Member

**ASSESSMENT EXPERIENCE**

Adult ADHD Self-Report Scale (ASRS 1.1)  
 Autism Quotient

Beck Anxiety Inventory (BAI)

Beck Depression Inventory (BDI)

Boston Diagnostic Aphasia Examination

Complex Ideational Material  
Boston Naming Test (BNT)

Brief Assessment of Cognition in Schizophrenia (BACS)

Brief Test of Attention (BTA)  
Brief Visual Memory Test (BVMT-R)  
California Verbal Learning Test (CVLT-II)  
California Verbal Learning Test – Children’s Version (CVLT-C)  
Clock Drawing Test (CDT)  
Continuous Performance Test-Identical Pairs version (CPT-IP)  
Controlled Oral Word Association Test  
Delis-Kaplan Executive Function System (D-KEFS):

Color-Word Interference Test

Twenty Questions Test

Verbal Fluency

Word Context

Dementia Rating Scale (DRS-2)  
Expressive One-Word Picture Vocabulary Test (EOWPVT-4)  
Geriatric Depression Scale (GDS-15)

Hopkins Adult Reading Test – Form B (HART)  
Hooper Visual Organization Test (HVOT)

House-Tree-Person Test

Kaufman Brief Intelligence Test – 2nd Edition (KBIT-2)

Judgment of Line Orientation

Mini-Mental State Examination (MMSE)

Minnesota Multiphasic Personality Inventory – 2 (MMPI-2)\*

Minnesota Multiphasic Personality Inventory – 2 – Revised Form (MMPI-2-RF)  
 Neuropsychological Assessment Battery

Judgment

Naming

Oral Trail Making Test: Parts A and B  
 Quality of Life in Epilepsy (QOLIE)

Personality Assessment Inventory (PAI)   
 Personality Assessment Inventory, Adolescent form (PAI-A)  
 Posttraumatic Distress Checklist for DSM-5 (PCL-5)

With Life Events Checklist (LEC)

Repeatable Battery for the Assessment of Neuropsychological Status (RBANS)  
 Rey Auditory Verbal Learning Test (RAVLT)

Rey-Osterreith Complex Figure Test (ROCFT)

Rorschach Inkblot Method (Exner Comprehensive System)

Salthouse Perceptual Comparison Test  
 Stroop Color and Word Test

Structured Clinical Interview I for the DSM-5 (SCID I)

Structured Clinical Interview for the DSM-5: Personality Disorders\*

Thematic Apperception Test (TAT)\*  
Test of Premorbid Functioning (TOPF)  
Tone Matching Test  
Tower of London (ToL)

Trail Making Test: Parts A and B

Wechsler Abbreviated Scale of Intelligence – II (WASI-II)

Wechsler Adult Intelligence Scale – IV (WAIS-IV)  
Wechsler Individual Achievement Test, 3rd Ed. (WIAT-III)  
 Numerical Operations  
 Reading Comprehension  
 Receptive Vocabulary  
 Sentence Building  
 Sentence Combining  
Wechsler Intelligence Scale for Children – IV (WISC-IV)

Wechsler Memory Scale – IV

Logical Memory I & II

Wechsler Test of Adult Reading  
 Wender-Utah Rating Scale

Western Aphasia Battery – Revised

Apraxia *\*Training and practice only*

**RELATED SKILLS**

**Electronic Medical Record Programs**: Computerized Patient Record System (CPRS), Epic, Mental Health Automated Record System (MHARS)  
**Research Methods**: Ethnography, contextual inquiry, usability testing techniques, in-depth interviewing, structured qualitative interviews, survey writing, international research, usability research with medical populations

**Statistics and Data Collection**: Google Forms, REDCap, SPSS, TypeForm, Qualtrics

**Technology**: Microsoft Word, Excel, PowerPoint; Quip; Google suite