

## Curriculum Vitae

**Mary Rachelle Stevens-Carr**

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## EDUCATION

**08/13-08/19: Psy.D., Clinical Psychology.** Nova Southeastern University, Fort Lauderdale, FL, American Psychological Association, accredited clinical psychology program.

**Directed Study Title:** A review of military sexual trauma in female veterans: Prevalence, health sequelae, and policy

**08/13-09/15: M.S., Clinical Psychology.** Nova Southeastern University, Fort Lauderdale, FL, American Psychological Association Accredited Clinical Psychology Program

**08/07-08/11: B.S., Psychology (Cum Laude).** Major: Psychology, Georgia Institute of Technology, Atlanta, GA.

**Senior Thesis:** The role of emotion regulation in dual-task interference.

## EMPLOYMENT

**08/23-Current: Clinical Assistant Professor, Department of Psychiatry.** Brody School of Medicine. East Carolina University. Greenville, NC.

**Description:** Clinical duties include conducting pre-surgical bariatric evaluations. Conducting psychotherapy evaluations and engaging in evidence-based treatment with adults with various mental health and behavioral concerns. Collaborating with treating psychiatrist to coordinate care. Also established psycho-oncology services to provide consultation, evaluation and treatment to cancer patients at all stages of disease. Development of 8-week Mindfulness Based Cognitive Therapy for group for cancer patients in survivorship.

Academic duties include supervision of PGY-3 for Psychotherapy, supervision of clinical health psychology graduate students at ECU Psychiatry Outpatient Clinic. Small group leader for M1 Behavioral Science and M2 Basic Psychiatry courses.

**09/20-07/23: Clinical Psychologist, Home Based Primary Care.** Greenville VA Health Care Center. Greenville, NC

**Description:** Traveled to veteran's home to conduct evaluation and provide evidence-based treatment for variety of psychiatric concerns (e.g., depression, anxiety, other mood related concerns, substance use) in veterans with chronic, life limiting illnesses. Provided behavioral health interventions for veterans with concerns related to sleep, medication management, tobacco use, and adjustment to functional decline. Provided consultation for family members caring for veterans to include assessing and providing interventions for caregiver stress and behavioral management of challenging dementia behaviors. Conductive neurocognitive screenings to identify cognitive deficits to address specific functional questions and/or to determine if a

referral for a complete neuropsychological evaluation or dementia assessment is needed. Participated as part of interdisciplinary providing consultation to team members and in-service presentations (e.g., suicide assessment and management in older adults; purpose of capacity assessments).

## **POSTDOCTORAL FELLOWSHIP**

**08/19-08/20: Clinical Psychology Fellow, Palliative emphasis area.** South Texas Veteran Health Care System. San Antonio, TX.

**Training Director:** Miguel Ybarra, Ph.D.

**Description:** Conducted intake assessments and engaged in brief evidence based therapy interventions with medically inpatient palliative care veterans with life-limiting illnesses. Administered cognitive screening measures (to help discover signs of mild cognitive impairment, dementia, or normal cognitive changes), engaged in evidence-based individual therapy, and facilitating World War II/Korean War coping skills group within the Geriatric Evaluation and Management (GEM) clinic. Engaged in evidence-based therapeutic approaches, conducted intake assessments, administered assessments to determine current mood functioning, and co-facilitated Palliative Care Coping Skills group with outpatient palliative care veterans with life-limiting illnesses.

Conducted intake assessments and engage in evidence-based therapy approaches with veterans enrolled in the Home-Based Primary Care (HBPC) program. Conducted yearly assessments within the Spinal Cord Injury Clinic as well as engaged veterans in evidence-based therapy for smoking cessation and substance abuse. Participated in interdisciplinary team meetings for each experience listed above.

## **PREDOCTORAL INTERNSHIP**

**08/18-08/19: Psychology Intern.** Greenville Veterans Affairs Health Care Center. Greenville, NC

**Training Director:** Robert Shelton, Psy.D.

### ***Major Rotations:***

**08/18-02/19:** General Mental Health

**Description:** Worked with other mental health disciplines including social work, nursing, and psychiatry to provide team-based care for Veterans. Administered evidence-based psychotherapies including Cognitive Processing Therapy (CPT) for PTSD and Cognitive Behavioral Therapy for Depression (CBT-D). Co-facilitating multiple groups including CBT for Depression, ACT for Anxiety and Depression, Coping with PTSD, and Dual Diagnosis Substance Use group. Conducted comprehensive psychological evaluations, including personality and ADHD assessments. Managed a caseload of 12 to 15 Veterans which included Veterans presenting the full spectrum of mental health issues including OCD, Substance Use Disorders, and Personality Spectrum Disorders.

**Supervisor:** Lauren Osborne, Ph.D.

**02/18-08/19:** Primary Care Mental Health Integration

**Description:** Participated in weekly interdisciplinary team meetings. Conducted “curbside consultations” with primary care providers and same day consultations with patients seen in primary care. Conducted assessments/evaluations to facilitate patient access to more intensive mental health services. Provided motivational enhancement to increase patient medication adherence and increase motivation to make positive health behaviors changes (i.e., tobacco cessation, decrease alcohol consumption, adherence to diet recommendations). Provided evidence-based tobacco cessation (Quit Smart) treatment in both individual and group format. Conducted brief, functional assessments and provided brief, short-term therapy as appropriate. Delivered Cognitive Behavioral Therapy for Insomnia (CPT-I) in both group and individual format. Co-facilitated groups for noncompliance with Continuous Positive Airway Pressure (CPAP) for Obstructive Sleep Apnea (OSA) using exposure therapy.

**Supervisors:** Natalie Cross, Ph.D., Robert Shelton, Psy.D.

**08/18-08/19:** Cognitive Processing Therapy

**Description:** Attended regional Cognitive Processing Therapy for PTSD training. Provided weekly CPT sessions to Veterans, participated in weekly individual supervision, and participating in weekly consultation calls with CPT training consultant to achieve CPT provider status.

**Supervisor:** Lauren Osborne, Ph.D.

**Consultant:** Sara Tiegreen, Ph.D.

***Minor Rotations:***

**08/18-02/19:** East Carolina University Brody School of Medicine, Department of Psychiatry and Behavioral Medicine Health Psychology Service. Greenville, NC

**Description:** Conducted pre-surgical and pretreatment psychological evaluations for bariatric and spinal cord stimulator patients. Conducted chart reviews in preparation for clinical pre-surgery clinical interviews. Administer various health related assessments including Million Behavior Medicine Diagnostic (MBMD) and Battery for Health Improvement 2 (BHI-2). Wrote comprehensive reports with individualized recommendations. Co-facilitated group therapy to bariatric surgery patients both pre-operation and post-operation to improve surgical/treatment outcomes.

**Supervisors:** Irma Corral, Ph.D., MPH., Brandon Kyle, Ph.D.

**02/19-08/19:** ECU Brody School of Medicine Department of Psychiatry and Behavioral Medicine, Consultation-Liaison Service

**Description:** Provided inpatient mental health assessments and treatments at Vidant Medical Center, a Level 1 Trauma Center. Conducted capacity evaluations. Assisted physicians in differential diagnoses. Provided therapy to patients with chronic and terminal illnesses. Administered psychometric tests to assist with treatment decisions. Worked as part of an interdisciplinary team to improve patient care.

**Supervisor:** Karlene Cunningham, Ph.D.

## CLINICAL PRACTICA EXPERIENCE

**08/16–05/18: Psychology Trainee. Healthy Lifestyles Guided Self-Change Clinic.** Nova Southeastern University, Psychology Services Center, Fort Lauderdale, FL

**Description:** Supervised first-year practicum students on conducting individual and group therapy. Trained students regarding clinic protocol, charting procedures, and documentation. Provided direct feedback and evaluation of students' clinical work. Provided specialized training on smoking cessation, insomnia treatment, motivational interviewing, and cognitive behavioral therapy

**Supervisors:** Linda C. Sobell, Ph.D., ABPP, Mark Sobell, Ph.D., ABPP

**08/15-08/16: Psychology Trainee. Memorial Cancer Institute.** Memorial Regional Hospital, Hollywood, FL

**Description:** Conducted intake interviews consisting of a comprehensive clinical interview, mental status exam, and population-specific measures for adults and older adults with cancer, including breast, blood, or bone cancers. Provided inpatient and outpatient individual therapy to patients using primarily existential, mindfulness-based, or cognitive behavioral approaches. Worked as part of an interdisciplinary team including as a part of the palliative and hospice care team to provide end of life supportive care services to cancer patients. Participated in pre-transplant psychosocial evaluations, attended daily inpatient rounds, and weekly Bone Marrow Transplant grand rounds.

**Supervisor:** Sameet Kumar, Ph.D.

**08/14-08/16: Psychology Trainee. Healthy Lifestyles Guided Self-Change Clinic.** Nova Southeastern University, Psychology Services Center, Fort Lauderdale, FL

**Description:** Conducted intake interviews consisting of a comprehensive clinical interview, mental status exam, and population specific measures. Provided individual therapy using a cognitive behavioral approach with a motivational interviewing style for the treatment of clients with substance use concerns and lifestyle concerns. Co-facilitated 6-week tobacco cessation groups. Participated in community outreach for families, children and older adults which included preparation and facilitation of healthy lifestyle and tobacco cessation workshops and participation in community health fairs.

**Supervisors:** Linda C. Sobell, Ph.D., ABPP, Mark Sobell, Ph.D., ABPP

## OTHER CLINICAL EXPERIENCE

**01/18-05/18: Assistant Program Coordinator. Institute for Life Renovation.** Fort Lauderdale, FL

**Description:** Conducted screenings and brief assessments and scheduled intakes for new clients. Assisted in managing daily functions of Institute for Life Renovation. Coordinated and schedule intakes for new clients. Scored a variety of assessment including the Five Facet Mindfulness Questionnaire (FFMQ), the State Trait Anxiety Inventory (STAI),

**Supervisor:** Lori Eickleberry, Ph.D., ABPP

**06/15-05/18: Program Manager. Healthy Lifestyles Guided Self Change Clinic.** Psychology Services Center, Nova Southeastern University, Fort Lauderdale, FL

**Description:** Conducted screenings/brief assessments and scheduling intakes for new clients. Assisted in managing daily functioning of the Healthy Lifestyles Guided Self-Change Program. Coordinated and scheduled intake appointments with practicum students. Supervised and trained graduate students in their first-year practicum, which included case consultation and conceptualization.

**Supervisors:** Linda C. Sobell, Ph.D., ABPP & Mark Sobell, Ph.D., ABPP

**10/14-06/15: Senior Graduate Assistant.** Healthy Lifestyles Guided Self Change Clinic. Psychology Services Center, Nova Southeastern University, Fort Lauderdale, FL

**Description:** Assisted supervisor on various tasks related to teaching graduate psychology courses and lectures. Assisted Office of Clinical Training with tasks relating to clinical practicum

**Supervisor:** Linda Sobell, Ph.D., ABPP

**08/13-08/14: Neurofeedback Technician. Neurofeedback Institute.** Weston, FL

**Description:** Participated in initial assessments and diagnostic process. Participated in brain mapping assessments and placed electrodes on client's scalp to monitor brain activity and provide feedback. Collaborated with client's and treatment providers regarding treatment goals and current symptomology.

**Supervisor:** Rick Harris, Psy.D

**08/11-07/13: Student Intern. Inneractions Therapy Services, LLC.** Marietta, GA

**Description:** Assisted in facilitating social skills group therapy with children, adolescents and young adults. Assisted in biopsychosocial intakes and behavioral observations. Collaborated with client's and treatment providers regarding treatment goals and current symptomatology. Assisted in providing in feedback and parent training sessions. Participated in community outreach and marketing events. Participated in child assessments.

**Supervisor:** Alexis Davis, M.S., LPC

**08/11-07/13: Student Intern. Art it Out Therapy Center, LLC.** Marietta, GA

**Description:** Assisted in biopsychosocial intakes and behavioral observations in a school setting. Assisted in providing in feedback and parent training sessions. Participated in community outreach and marketing events. Co-facilitated groups for children with low self-esteem, anxiety, behavioral problems, and coping with grief. Assisted in creating a group protocol for adolescents with eating and body image concerns

**Supervisor:** Teresa Harris Woodruff, LPC, ATR-BC

## **TEACHING EXPERIENCE**

**08/23-Present: Lecturer.** Brody School of Medicine, East Carolina University, Greenville, NC.

**Course: Behavioral Science.**

**Instructor:** Brandon Kyle, PhD

**01/17-04/17: Graduate Teaching Assistant.** College of Dental Medicine, Nova Southeastern University, Fort Lauderdale, FL.

**Course: CDM 3080 Behavioral Science.** Assisted in weekly class preparations, grading of assignments, proctored weekly blackboard discussions and provided feedback. Co-facilitated weekly lab groups. Conducted live clinic observations of students using the Communication in Dental Settings Scale (CDSS)

**Instructor:** Maria Fimiani, Psy.D.

**01/16-04/16: Graduate Teaching Assistant.** College of Psychology, Nova Southeastern University, Fort Lauderdale, FL

**Course: PSYC 0502 Counseling Theories and Practice.** Assisted in weekly class preparations, grading of testing and handling student questions about the course and readings, and guest lectured.

**Instructor:** Shannon Worton, Psy.D.

**01/15-05/15: Graduate Teaching Assistant.** College of Psychology, Nova Southeastern University, Fort Lauderdale, FL

**Course: PSYC 586 Diagnosis & Treatment of Child Adolescent Psychopathology.** Assisted in weekly class preparations, grading of testing and handling student questions about the course and readings, and guest lectured.

**Instructor:** Shannon Worton, Psy.D.

**08/14-12/14: Graduate Teaching Assistant.** School of Psychology, Broward College, Fort Lauderdale, FL

**Course: PYCL 1408 Child and Adolescent Psychopathology.** Assisted in weekly class preparations, grading of testing and handling student questions about the course and readings, and guest lecturing.

**Instructor:** Shannon Worton, Psy.D.

## **CLINICAL PRESENTATIONS/LECTURES**

Stevens-Carr, M.R. (2023, June). *PTSD and the Family*. Invited presentation for Caring for the Caregiver Presentation Series. Greenville, VA Healthcare Center, Greenville, NC.

Stevens-Carr, M.R. (2020, February). *Palliative Psychology and End-of-Life issues*. Presentation for Intern Didactics. Audie L. Murphy Veterans Hospital, San Antonio, TX.

Stevens-Carr, M.R. (2020, February). *Compassion Fatigue, Burnout, and Building Resiliency*. Presentation for Psychology Grand Rounds. Audie L. Murphy Veterans Hospital, San Antonio, TX.

Stevens-Carr, M.R. (2020, January). *Decision Making Capacity: Ethical and Legal Considerations*. Invited presentation at Palliative Fellowship Interdisciplinary Didactics. Audie L. Murphy Veterans Hospital, San Antonio, TX.

Stevens-Carr, M.R. (2019, November). *Compassion Fatigue/Self Care*. Invited presentation at the End-of-Life Nursing Education Consortium (ELNEC). Audie L. Murphy Veterans Hospital, San Antonio, TX.

Cunningham, S.K, Britton, A. and Stevens-Carr, M. (2019, October). *Applying for Post-Doctoral and Professional Positions*. Invited presentation to the Psychology Interns. Greenville VA Health Care Center, Greenville, NC.

Cross, N.J. and Stevens-Carr, M. (2019, March). *Using Motivational Interviewing with Pediatric Populations*. Invited presentation to the Internal Medicine – Pediatric Residency Program. Brody School of Medicine, East Carolina University, Greenville, NC.

Stevens-Carr, M. (2016, February). *The Next Step*. Guest lecture to breast cancer survivors. Memorial Regional Cancer Institute, Fort Lauderdale, FL

Stevens-Carr, M. (2015, February). *Survivorship*. Guest lecture to breast cancer survivors. Memorial Regional Cancer Institute, Fort Lauderdale, FL

Stevens-Carr, M. (2015, November). *Application of the Guided Self Change Model for Substance Abuse*. Guest lecture for a master's level Substance Abuse Class. College of Psychology, Nova Southeastern University, Fort Lauderdale, FL

## **ADDITIONAL EDUCATIONAL EXPERIENCES**

### **09/2018: Dialectical Behavioral Therapy (2 days)**

*Sara Boeding, Ph.D. & Caron Kelly, Ph.D. (Durham VA Medical Center)*

Presentation of skills and therapeutic techniques of Dialectical Behavioral Therapy and appropriate use of DBT in treatment as indicated by research. Training was both didactic and experiential.

### **09/2018: Risk Assessment and Management**

*Sara Boeding, Ph.D. & Caron Kelly, Ph.D. (Durham VA Medical Center)*

Presentation of suicide risk assessment and intervention and some training focused on other areas of risk (e.g., homicide risk, domestic violence, weapons on campus, etc.). Training was both didactic and experiential.

### **08/2018: Regional Cognitive Processing Therapy (CPT) for PTSD (3 day)**

*Carolina Clancy, Ph.D. & Sara Tiegreen, Ph.D. (Durham VA Medical Center)*

Three-day regional training for CPT certification for providers in VA facilities of VISN-6.

### **10/2015: Mindfulness**

*Sameet Kumar, Ph.D. (Memorial Cancer Institute)*

Overview of mindfulness and empirical evidence. Introduction of basic mindfulness skills and clinical application with patients.

### **10/2014: Cognitive Behavioral Therapy for Insomnia (2 days)**

*Ana I. Fins, Ph.D. (Nova Southeastern University)*

Overview of Sleep Disorders, the application of Cognitive Behavioral Therapy for Insomnia and the theoretical principles.

**09/2014: Using Motivational Interviewing to Help Patients Change Behaviors**

*Linda Sobell, Ph.D., ABPP (Nova Southeastern University)*

Presentation of motivational techniques and strategies and how to apply these to individual clients. Appropriate use of MI skills were discussed and demonstrated with training videos, case examples, and role-plays.

**05/2014 Tobacco Cessation Facilitator Training**

*Sheri Schour & Linda Sobell (Nova Southeastern University, Area Health Education Centers)*

Overview of tobacco products and scope of tobacco use in the U.S. were presented along with information regarding nicotine addiction and pharmacotherapy for tobacco cessation. Additional training in the use of motivational interviewing techniques with tobacco patients and other evidence-based brief interventions.

**RESEARCH EXPERIENCE**

**01/09-05/11: Research Assistant.** School of Psychology, Georgia Institute of Technology, Atlanta, GA

**Description:** Entering and analyzing data. Screening participants for studies. Evaluating made follow-up calls to participants, and participant scheduling. Assisting in research development.

**Supervisor:** Eric Schumacher, Ph.D.

**PROFESSIONAL COMMITTEES**

**01/24-Current: Medical Ethics Committee.**

**HONORS AND AWARDS**

- Undergraduate Dean's List Georgia Institute of Technology, 2007, 2008, 2009, 2010
- Faculty Honors Georgia Institute of Technology, Fall 2010
- Psi Chi National Honor Society, 2008-2015
- Delta Epsilon Iota Academic Honor Society, 2008-2011

**PROFESSIONAL AFFILIATIONS**

- National Register of Health Service Psychologist

**REFERENCES**

Available upon request