

CURRICULUM VITAE

SINDHU SHIVAJI

EDUCATION

- PsyD** **Baylor University**, Waco, TX Aug 2022
Clinical Psychology, APA accredited
Predoctoral internship at Michael E. DeBakey VAMC, Houston, TX
Dissertation defended May 2021
The Role of Shame and Guilt in the Etiology of Not Just Right Experiences: An Experimental Evaluation
- MS** **Baylor University**, Waco, TX Dec 2019
Clinical Psychology, APA accredited
- BA** **Columbia University**, New York, NY May 2014
Psychology Major
Universidad de Alicante Spanish Studies Abroad Program

CLINICAL EXPERIENCE

Michael E. DeBakey Veterans Affairs Medical Center (MEDVAMC), Houston, TX Jul 2021 – Jul 2022
Predoctoral internship, APA accredited

LGBT Identities-Related Concerns rotation, supervised by Hiram Rivera-Mercado, PsyD
16 hours per week in General Mental Health Clinic

- Skill development as a sensitive, innovative, and knowledgeable provider for LGBTQI+ veterans *mood disorders, trauma, coming out experiences, internalized stigma, minority stress, identity development*
- Advocate for LGBTQI+ veterans and informed care within the VA system
- Co-facilitation of psychoeducational and therapeutic groups
Effective Skills to Empower Effective Men (ESTEEM for HIV health risks), LGBT Support Group, Bravely Becoming Real Group (Trans Support/Skills Group)
- Affirming and evidence-based practice for individual caseload of veterans
Cognitive Behavioral Therapy, Interpersonal Therapy

CBT & Multicultural Interventions rotation, supervised by Chantel Frazier, PhD
16 hours per week in General Mental Health Clinic

- Skill development in advanced conceptualization and adaptation of evidence-based treatment for intersecting multicultural factors
age, sex, gender, race, ethnicity, sexual orientation, socioeconomic status, medical history, religion
- Treatment plan incorporating multicultural factors that may influence veteran presentation and engagement in treatment
- Individual caseload of veterans with anxiety and mood-related disorders
Cognitive Behavioral Therapy, Interpersonal Therapy
- Co-facilitation of psychoeducational and therapeutic groups

Cognitive Behavioral Therapy for Insomnia, Race-Based Stress and Resiliency

- Intake interviews followed by integrative feedback and treatment recommendations
- Feedback and support to graduate and fellowship-level peers
- Multidisciplinary treatment team meetings

Substance Disorders Treatment Program rotation, supervised by Jessica Spofford, PhD

16 hours per week in Substance Disorders Specialty Clinic

- Skill development in conceptualization of complex substance-related issues
homelessness, unemployment, interpersonal difficulties, medical and legal concerns, and comorbid mental health illnesses
- Diagnostic interviews with focus on substance use history
Brief Addictions Monitor-Revised (BAM-R)
- Co-facilitation of psychoeducational and therapeutic groups
Matrix Model, Interpersonal Therapy, Dialectical Behavior Therapy, Contingency Management
- Individual caseload of substance-involved veterans
Cognitive Behavioral Therapy for Substance Use, Motivational Enhancement Therapy
- Consult liaison for inpatient medical and psychiatric units
- Peer supervision to extern-level students
- Interdisciplinary treatment team meetings

PTSD Clinical Team rotation, supervised by Wright Williams, PhD

16 hours per week in Posttraumatic Stress Disorder Clinic

- Skill development in advanced assessment, conceptualization, and treatment of PTSD for veterans of all combat eras
- Customization of empirically-supported trauma treatments to fit unique veteran needs
- Individual caseload of veterans with PTSD or sub-threshold PTSD symptoms
Prolonged Exposure, Cognitive Processing Therapy, Written Exposure Therapy
- Co-facilitation of psychoeducational and therapeutic groups
Long-term Process Group for Vietnam/Korean War Veterans, Structured Meditation
- Weekly clinical staffing meetings

Spinal Cord Injury Care Line rotation, supervised by Sarah Beckwith, PhD

8 hours per week in Spinal Cord Injury Care Line

- Skill development in treatment planning and delivery for patients with spinal cord injuries or dysfunction of variety anatomical levels and completeness
- Assessment within behavioral health context
 - *Whole Health assessment, clinical syndrome testing, personality testing, neuropsychological screening*
- Individual caseload of SCI/D Veterans
 - *Individual, relationship/family, group, crisis management, quality of life, motivation, coping skills, reducing obstacles to recovery*
- Interdisciplinary treatment team meetings

Bipolar & Schizophrenia Clinic rotation, supervised by Jared Bernard, PhD

8 hours per week in Specialty General Mental Health Clinic

- Skill development in provision of evidence-based outpatient services to patients with serious mental illness (SMI)
- Individual caseload of veterans with psychotic or bipolar disorders
 - *Cognitive Behavioral Therapy for Psychosis, Acceptance and Commitment Therapy, Social Skills Training for Schizophrenia, Life Goals for Bipolar Disorder, Illness Management and Recovery*
- Interdisciplinary treatment planning and consultation
- Advocate for veterans with SMI and informed care within the VA system

Neuropsychology and Polytrauma rotation, supervised by Brian Miller, PhD

16 hours per week in General Neuropsychology Clinic

- Skill development in provision and interpretation of neuropsychological assessment for outpatient polytrauma veterans and inpatient veterans receiving long-term monitoring care for seizure/epilepsy-related symptoms
 - Wechsler Adult Intelligence Scale (4th edition)/Memory Scale (4th Edition), Wide Range Achievement Test (5th edition), Minnesota Multiphasic Personality Inventory-2, Grooved Pegboard, Pillbox Test, Boston Naming, Test of Memory Malingering, California Verbal Learning Test (2nd, 3rd Edition), Newest Vital Sign*
- Interdisciplinary treatment planning and consultation

First Responder Support Group, Waco, TX

Jul 2020 – May 2021

Facilitator, supervised by Sara Dolan, PhD

- Facilitated trauma-informed support groups for healthcare providers, epidemiology scientists, and first responders during COVID-19 pandemic
- Guidance on self-care, physiological stress, conflict, and coping
- Direction of relaxation, meditation, and mindfulness exercises within group format

Lyle Avenue Outpatient Clinic (MHMR), Waco, TX

Jul 2019 – May 2020

Student Clinician, supervised by Keith Warren, PhD

- Individual therapy for patients presenting problems categorized as “severe”
 - Major Depressive Disorder, Schizophrenia, Schizoaffective Disorder, Bipolar Disorder, Borderline Personality Disorder*
- Co-facilitation of group treatment
 - Dialectical Behavior Therapy Skills Group*
- Integration of principles of Trauma-Informed Care throughout clinical care
- Continuous assessment of at-risk patient population
 - Columbia Suicide Severity Rating Scale*
- Multidisciplinary case conference meetings

McLennan County DWI Drug Court, Waco, TX

Jul 2018 – May 2019

Student Clinician, supervised by Sara Dolan, PhD

- Pre- and post-program integrative assessments
 - Alcohol Use Disorders Identification Test, Wechsler Abbreviated Scale of Intelligence-2, Drug Abuse Screening Test, University of Rhode Island Change Assessment Scale,*

Minnesota Multiphasic Inventory (2nd and 3rd Edition), Mini International Neuropsychiatric Interview, Texas Christian University Drug Screen, PTSD Checklist-Civilian Version, Addiction Severity Index-Lite

- Presentation of assessment information and treatment recommendations in forensic setting
- Manualized individual treatment for voluntary and mandated participants
Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Acceptance and Commitment Therapy, Motivational Interviewing
- Facilitated psychoeducational and therapeutic groups
Emotion Processing, Relapse Prevention
- Interdisciplinary and forensic treatment team meetings

Baylor Psychology Clinic, Waco, TX

Jul 2017 – May 2021

Student Clinician, supervised by Alisha Wray, PhD

- Empirically supported treatment for diverse range of therapy clients
Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Acceptance and Commitment Therapy, Cognitive Processing Therapy, Motivational Interviewing, Emotion-Focused Therapy, Gottman Method
- Assessment batteries related to cognitive, functional, and mood-related symptoms
Beck Inventories of Anxiety and Depression, Weschler and Woodcock-Johnson Instruments, Minnesota Multiphasic Inventory (2nd and 3rd Edition), Personality Assessment Inventory, Structured Clinical Interview for DSM-5, Kiddie Schedule for Affective Disorders and Schizophrenia, Autism Diagnostic Observation Schedule, Eating Disorder Examination Questionnaire, Test of Memory Malingering, Conners CPT-3 and Comprehensive Behavior Rating Scale, Delis-Kaplan Executive Function System, PTSD Checklist-Civilian Version, Patient Health Questionnaire-9
- General clinic assistance and front desk support
- Comprehensive phone intakes to evaluate treatment needs and risk level

PUBLICATIONS

Ecker, A. H., Cully, J.A., & **Shivaji, S.** (in preparation). *Veteran Quality of Life and Symptom Reduction Outcomes Following Brief EBP Implementation.*

Shivaji, S. & Fergus, T. (in preparation). *Methodological Issues in the Experimental Induction of Guilt and Shame.*

Humenik, A.M., **Shivaji, S.**, & Dolan, S.L. (2020). *Investigating Mental Health Implications for Drug Court Participants.* International Journal of Offender Therapy and Comparative Criminology.

Edwards, E.R., **Shivaji, S.**, Micek, A., Wupperman, P. (2020). *Distinguishing Alexithymia and Emotion Differentiation Conceptualizations through Linguistic Analysis.* Personality and Individual Differences, 157, 109801.

Leahy, R.L., Wupperman, P., Edwards, E., **Shivaji, S.**, & Molina, N. (2018). *Metacognition and Emotional Schemas: Effects on Depression and Anxiety.* International Journal of Cognitive Therapy, 12(1), 25-37.

Edwards, E. R., **Shivaji, S.**, & Wupperman, P. (2018). *The Emotion Mapping Activity: Preliminary evaluation of a mindfulness-informed exercise to improve emotion labeling in alexithymic persons.* Scandinavian Journal of Psychology. 59(3), 319-327.

ACADEMIC POSTERS

Read, J., **Shivaji, S.**, & Fergus, T. (March 2021). *Shame, Guilt, and Self-Doubt*. Poster presented at the Baylor University Research Symposium; Waco, TX.

Shivaji, S., & Fergus, T. (November 2020). *Likelihood Estimates Moderate the Impact of a Thought-Action Fusion Task on Anxiety*. Poster presented at the Annual Conference of the Association for Behavioral and Cognitive Therapies; Philadelphia, PA.

Humenik, A.M., **Shivaji, S.**, & Dolan, S.L. (October 2019). *DWI Drug Court Effectiveness for Improving Mental Health*. Poster presented at the Annual Conference of the Texas Psychological Association; San Antonio, TX.

Shivaji, S. & Fergus, T. (March 2019). *Examining the Incremental Explanatory Power of Beliefs about Uncertainty and Reactions to Uncertainty in the Context of Obsessive-Compulsive Symptoms*. Poster presented at the Annual Conference of the Anxiety and Depression Association of America; Chicago, IL.

Shivaji, S. & Fergus, T. (April 2018). *Associations between Contingencies of Self-Worth and Obsessive-Compulsive Symptoms*. Poster presented at the Annual Conference of the Anxiety and Depression Association of America; Washington, D.C.

Shivaji, S., Edwards, E., & Wupperman, P. (April 2017). *Child Abuse and Emotion Socialization as Predictors of Depression in Young Adults*. Poster presented at the Annual Conference of the Society for Affective Science; Boston, MA.

Edwards, E., **Shivaji, S.**, & Wupperman, P. (April 2017). *Improving Emotion Labeling in Alexithymia: A Preliminary Assessment of the Emotion Mapping Activity*. Poster presented at the Annual Conference of the Society for Affective Science; Boston, MA.

Leahy, R., Wupperman, P., & **Shivaji, S.** (April 2016) *Metacognition and Emotional Schemas*. Poster presented at the Annual Conference of the Anxiety and Depression Association of America; Philadelphia, PA.

Edwards, E., **Shivaji, S.**, Micek, A., & Wupperman, P. (March 2016). *Linguistic Comparison of Alexithymia and Emotion Differentiation*. Poster presented at the Annual Conference of the Society for Affective Science; Chicago, IL.

Leahy, R., Wupperman, P., & **Shivaji, S.** (November 2015). *Metacognition, Risk-Aversion, Depression, and Anxiety*. Poster presented at the 49th Annual Conference of the Association for Behavioral and Cognitive Therapies; Chicago, IL.

FORMAL PRESENTATIONS

Ecker, A., **Shivaji, S.**, Plasencia, M. (March 2022). *Brief CBT: The Impact of Symptom Reduction on Quality of Life in a Front-Line Mental Health Care Setting*. Presented at VISN 1 New England MIRECC, Bedford, MA.

Shivaji, S. (May 2021). *The Role of Shame and Guilt in the Etiology of Not Just Right Experiences: An Experimental Evaluation*. Dissertation presented at Baylor University, Waco, TX.

Shivaji, S., & Meyers, A. (February 2020). *Transdiagnostic Use of Interoceptive Exposure*. Presented at Baylor University, Waco, TX.

Kleinsasser, A. & **Shivaji, S.** (February 2019). *Etiological Beliefs of Mental Illness and Their Impact on Treatment*. Presented at Baylor University, Waco, TX.

Shivaji, S. (January 2018). *Psychotherapy Goal Alignment: A Case Example*. Presented at Baylor University, Waco, TX.

RESEARCH EXPERIENCE

Michael E. DeBakey Veterans Affairs Medical Center (MEDVAMC), Houston, TX
Research Assistant, supervised by Anthony Ecker, PhD

Jul 2021 – Jul 2022

- Conceptualization, implementation, and analysis of research projects within the Center for Innovation in Quality, Effectiveness, and Safety, primarily aimed at improving health outcomes for underserved substance-involved populations
 - “*Veteran Quality of Life and Symptom Reduction Outcomes Following Brief EBP Implementation*”
 - “*Gender-based Variance in Comorbid PTSD-Cannabis Use Disorder Treatment Utilization*”
- Co-Reviewer, Journal of American College Health (2022)
- Dissemination of research findings via scientific posters, publications, and lectures

Bill Logue Juvenile Justice Center, Waco, TX
Research Assistant, supervised by Stacy Ryan, PhD

Nov 2018 – May 2020

- Structured assessment delivery to adolescent patients within a forensic setting as part of study investigating efficacy of Dialectical Behavior Therapy on adolescent suicidality
 - UPPS-P Impulsive Behavior Scales, Alabama Parenting Questionnaire, Davidson Trauma Scale, Difficulties in Emotion Regulation Scale, Child and Adolescent Social Support Scale, Columbia Suicide Severity Rating Scale, Structured Trauma-Related Experiences and Symptoms Screener, Minnesota Multiphasic Personality Inventory- Adolescent-Restructured*
- Comprehensive training on delivery of assessment protocols to adolescents
- Skill development in management of ethical and legal guidelines with incarcerated populations

Baylor University, Waco, TX
Doctoral Researcher, supervised by Thomas Fergus, PhD

Jul 2017 – Aug 2022

- Conceptualization, implementation, and analysis of research studies related to anxiety disorders, obsessive-compulsive disorders, and transdiagnostic variables
- Management of research protocol approval per Institutional Review Board
- Literature review, statistical planning, and proposal of original research projects
 - “*The Role of Shame and Guilt in the Etiology of Not Just Right Experiences*”
 - “*The Influence of Virtue-Contingent Self-Worth on OC Symptoms*”
 - “*The Association Between Somatic Awareness, Cyberchondria, and Health Anxiety*”
 - “*Potential Inhibitory Effects of Worry on Exposure Therapy Benefit*”
- Supervision of undergraduate research assistants
- Dissemination of research findings via scientific posters, publications, and lectures

John Jay College, CUNY, New York, NY
Research Assistant, supervised by Peggie Wupperman, PhD and Emily Edwards, PhD

Jun 2015 – May 2017

- Conceptualization, implementation, and analysis of research projects related to forensic or underserved populations, alexithymia, and affect labeling

“Linguistic Comparison of Alexithymia and Emotion Differentiation”
“The Emotion Mapping Activity: Preliminary Evaluation of a Mindfulness-Informed Exercise to Improve Emotion Labeling in Alexithymic Persons”
“Child Abuse and Emotion Socialization as Predictors of Depression in Young Adults”

- Dissemination of research findings via scientific posters, publications, and lectures

Freelance Associate, New York, NY

Jun 2015 – Dec 2017

Research Assistant, supervised by Jenny Taitz, PsyD

- Literature reviews, general research, and formatting for two popular psychology book projects
“Eyes Up” on mindfulness and serenity in the technological world
“Single, Sane” on maintaining psychological wellbeing in modern-day dating

The American Institute for Cognitive Therapy, New York, NY

Aug 2014 – May 2017

Research & Editorial Assistant, supervised by Robert Leahy, PhD

- Assistance with academic and popular publications, presentations, and lectures
“The Jealousy Cure” on psychological possessiveness within relationships
“Emotional Schema Therapy” on innovative tools for affective management
- Conceptualization, implementation, and analysis of research projects related to clinic population
“Metacognition and Emotional Schemas”
“Metacognition, Depression, and Anxiety”
- Collection, scoring, and interpretation of client intake data
Beck Depression and Anxiety Inventories, Leahy Emotional Schemas Questionnaire-2, Millon Clinical Multiaxial Inventory, Metacognitions Questionnaire, Measure of Parental Style, Relationships Structures Questionnaire
- Maintain malpractice insurance and New York State law protocols
- Accounting, bill pay, collections, reconciliations, and payroll for private practice office
- Maintain institute website, web analytics, social media, and marketing
- Organization of and attendance at case conference meetings

Columbia University Medical Center, New York, NY

Sep 2013 – May 2014

Research Assistant, supervised by Catherine Monk, PhD

- Facilitation of research projects on the correlates of prenatal stress and developmental speed
- Participant recruitment, debriefing, and data scoring
- Skill development in assessment and testing administration
Bayley Scale of Infant and Toddler Development, Strange Situation Test, Stroop Test

Columbia University Business School, New York, NY

Jul 2012 – May 2014

Research Assistant, supervised by Michael Morris, PhD

- Facilitation of research projects on workplace trust in varied global settings
- Analysis and coding of international and U.S.-based conversational data to examine trust and disclosure within management relationships

LEADERSHIP AND TEACHING EXPERIENCE

Outstanding Graduate Student Instructor Award Nominee

Aug 2021

Baylor University, Waco, TX

- Award nomination following review of high student evaluation scores across all graduate and undergraduate courses taught

Teaching Assistant

Jan 2021 – May 2021

Baylor University, Waco, TX

- Facilitation of graduate-level “Personality Assessment” lab
Minnesota Multiphasic Personality Inventory-2, Personality Assessment Inventory, Personality Inventory for DSM-5, Structured Clinical Interview for DSM-5
- Evaluation and feedback regarding student performance

Women in the Academy Mentorship Program

Aug 2021 – May 2021

Baylor University, Waco, TX

- Support of women throughout academic journey via mentorship and engagement

Tiered Assessment Peer Supervision (TAPS) Team

Apr 2019 – May 2021

Baylor University, Waco, TX

- Delivery of peer supervision and feedback regarding assessment testing, administration, scoring, and interpretation, and integrative report writing

Psy Chi Graduate Panel Member

Oct 2018

Baylor University, Waco, TX

- Mentorship, feedback, and support to undergraduate members of the Psychology Honors group
- Discussed and review personal statements, CVs, interviews, and general queries

Teaching Assistant

Aug 2018 – Dec 2018

Baylor University, Waco, TX

- Creation and delivery of course material for undergraduate-level “Community Volunteer Work in Psychology” course
- Evaluation and feedback regarding student performance

Graduate Mentor

Jul 2017 – May 2021

Baylor University, Waco, TX

- Mentor undergraduate students on topics including selecting and applying to a graduate program, psychological coursework, standardized testing, career paths within the field, and ongoing stressors

Multicultural Committee Representative

Jul 2017 – May 2021

Baylor University, Waco, TX

- Create, synthesize, and disseminate resources providing multicultural information for psychological practice
- Organize guest lectures on clinically- and locally-relevant multicultural topics
- Coordinate with faculty to engage in community outreach surrounding the Black Lives Matter movement and the disproportionate effect of COVID-19 on minority populations

Governance Committee Representative

Jul 2017 – Jul 2019

Baylor University, Waco, TX

- Representation of cohort interests and concerns in monthly meetings with faculty and administration

Admissions Committee Member

Jul 2017 – Jul 2019

Baylor University, Waco, TX

- Assistance with organization and facilitation of admissions processes and interview activities

Teaching Assistant

Jan 2014 – May 2014

Columbia University, New York, NY

- Assistance with undergraduate-level “Psychology of Drug Use and Abuse” course
- Grading, facilitation of review and study sessions, and collaborative syllabus planning

Spanish Tutor

Jan 2012 – May 2014

Columbia University, New York, NY

- Instruction in conversational English for native Spanish-speakers

SELECT CLINICAL TRAININGS

LGBTQ+ Champions Training

Mar 2022

Hiram Rivera-Mercado, PsyD

Addressing Microaggressions in Psychological Treatment

Nov 2021

Vincent Tran, PhD

Affirmative Treatment for LGBT Populations

Nov 2021

Hiram Rivera-Mercado, PhD

Cognitive Behavioral Therapy for Substance Use

Oct 2021

Paige Morrison, PsyD

Addressing Race-Based Stress and Trauma in Psychotherapy

Oct 2021

Parker Tiren, PhD & LaVonya Bennett, PhD

Cognitive Processing Therapy for PTSD

Oct 2021

Minette Beckner, PhD

Disaster Mental Health and Psychological First Aid

Aug 2021

Bethany Aiena, PhD

Gun Culture and Safety

Aug 2021

Kaki York, PhD

Military Sexual Trauma

Aug 2021

Derricka Boykin, PhD

Cultural Safety Kristen Frosio, PhD	Aug 2021
Multicultural Issues in Assessment Brian Miller, PhD	Aug 2021
Intersectionality: Clinical and Practice Implications Kimberly Lewis, PhD	Aug 2021
Military Culture David Ramstad, PsyD	Aug 2021
Complicated Grief Therapy Sam Synett, LCSW	Nov 2020
Level 1: Gottman Method Couples Therapy The Gottman Institute	Oct 2020
Psychological First Aid and Skills for Psychological Recovery The National Child Traumatic Stress Network	Oct 2020
Listening Well: Motivational Interviewing Bill Miller, PhD	Oct 2019
Dialectical Behavior Therapy Amanda Smith, LCSW	Sep 2019
Review of Development of the Unified Protocol for Transdiagnostic Treatment Suzy Gulliver, PhD	Apr 2019
Cultural Appropriation, Racism, Prejudice, and Microaggressions Ann-Louise Lockhart, PhD	Oct 2018
Eating Disorders Erin McGinty, LPC	Oct 2017
Cognitive Processing Therapy Foundational Workshop Katherine Dondanville, PsyD	Sep 2017
Advanced Cognitive Behavioral Therapy for Psychosis Melissa Switzer, PsyD	Sep 2017