

Brittany L. Stevenson

Contact Information

2301 Lynbrooke View Ct., Apt 7, Orlando FL
Brittany.Stevenson@knights.ucf.edu
(952) 270-5901

+ Education

- Aug 2016 – Present **PhD in Clinical Psychology**
University of Central Florida, Orlando, FL
- Aug 2013 – Aug 2016 **Master of Science in Psychological
Clinical Science + Teaching Certificate**
North Dakota State University, Fargo, ND
- Sept 2007 – May 2011 **Bachelor of Science in Psychology
Bachelor of Arts in Spanish**
College of St. Scholastica, Duluth, MN

+ Awards / Nominations

- **Student Representative**
University of Central Florida, Orlando, FL
- **Elected President: Doctoral Organization of
Clinical Students in Psychology**
University of Central Florida, Orlando, FL
- **Graduated with Summa Cum Laude honors**
The College of St. Scholastica, Duluth, MN
- **PASS/Psi-Chi Organizational Award**
The College of St. Scholastica, Duluth, MN
- **Nominated: Outstanding Senior & Psychology Dept
Service Award**
The College of St. Scholastica, Duluth, MN

+ Research Productivity

- **Stevenson, B. L.**, Dvorak, R. D., Wonderlich, S. A., Crosby, R. D., & Gordon, K. H. (2018). Emotions before and after loss of control eating. *Eating Disorders: The Journal of Treatment and Prevention*. doi: 10.1080/10640266.2018.1453634
- Dvorak, R. D., Troop-Gordon, W., **Stevenson, B. L.**, Kramer, M. P., Wilborn, D. D., Leary, A. V. (in press). A randomized control trial of a deviance regulation theory intervention to increase alcohol protective strategies. *Journal of Consulting and Clinical Psychology*.
- Dvorak, R. D., **Stevenson, B. L.**, Kilwein, T. M., Sargent, E. M., Dunn, M. E., Leary, A. V., & Kramer, M. P. (2018). Tension reduction and affect regulation: An examination of mood indices on drinking and non-drinking days among university student drinkers. *Experimental and Clinical Psychopharmacology*. DOI: 10.1037/pha0000210
- Wilborn, D. D., Kramer, M. P., **Stevenson, B. L.**, & Dvorak, R. D. (2018). Should I stay or should I go? Approach/avoidance conflict and emotional functioning. *Personality and Mental Health*. Published online in Wiley Online Library (wileyonlinelibrary.com) DOI 10.1002/pmh.1428
- Dvorak, R. D., Kramer, M. P., & **Stevenson, B. L.** (2018). An initial examination of the effects of deviance regulation theory on normative perceptions. *Journal of Substance Use*, 1-7. DOI: 10.1080/14659891.2018.1459900
- Sargent, E. M., Kilwein, T. M., Dvorak, R. D., Looby, A., **Stevenson B. L.**, & Kramer M. P. (2018). Deviance regulation theory and drinking outcomes among greek-life students during spring break. *Experimental and Clinical Psychopharmacology*. DOI: 10.1037/pha0000204
- **Stevenson, B. L.**, Kwan, M. Y., Dvorak, R. D., & Gordon, K. H. (2017). Empirically derived classes of eating pathology in male and female college students. *Eating Disorders: The Journal of Treatment and Prevention*. Published online 16 Oct 2017.
- Dvorak, R. D., Raeder, C., Kramer, M. P., Sargent, E. M., **Stevenson, B. L.**, & Helmy, M. (2018). Using deviance regulation theory to target marijuana use intentions among college students. *Experimental and Clinical Psychopharmacology*, 26(1), 29-35.
- Kramer, M. P., **Stevenson, B. L.**, & Dvorak, R. D. (2017). Primary psychopathy and alcohol pathology in college students: The role of protective behavioral strategies. *American Journal of Drug and Alcohol Abuse*, 2017 Feb 13, 1-8.
- Dvorak, R. D., Kramer, M. P., **Stevenson, B. L.**, Sargent, E. M., & Kilwein, T. M. (2017). An application of deviance regulation theory to reduce alcohol-related problems among college women during spring break. *Psychology of Addictive Behaviors*, 31(3), 295-306.

+ Research Productivity (cont)

- Dvorak, R. D., Pearson, M. R., Sargent, E. M., **Stevenson, B. L.**, & Mfon, A. M. (2016). Daily associations between emotional functioning and alcohol involvement: Moderating effects of response inhibition and gender. *Drug and Alcohol Dependence*, 163, S46-S53.
- Dvorak, R. D., Pearson, M. R., Neighbors, C., Martens, M. P., **Stevenson, B. L.**, & Kuvaas, N. J. (2016). A road paved with safe intentions: Increasing intentions to use alcohol protective behavioral strategies via deviance regulation theory. *Health Psychology*, 35(6): 604-13.
- **Stevenson, B. L.**, Dvorak, R. D., Kuvaas, N. J., Williams, T. J., & Spaeth, D. T. (2015). Cognitive control moderates the association between emotional instability and alcohol dependence symptoms. *Psychology of Addictive Behaviors*, 29(2): 323-328.
- Dvorak, R. D., Kuvaas, N. J., Lamis, D. A., Pearson, M. R., & **Stevenson, B. L.** (2015). Emotionally up and down, behaviorally to and fro: Drinking motives mediate the synergistic effects of urgency and emotional instability on alcohol outcomes. *Journal of Drug Education: Substance Abuse Research & Prevention*, Vol. 45(3-4) 156-184.
- Dvorak, R. D., Kuvaas, N. J., Kilwein, T. M., Wray, T. B., **Stevenson, B. L.**, & Sargent, E. M. (2015). Are drinking motives associated with sexual "hookups" among college student drinkers? *Journal of American College Health*, 64(2), 133-138.
- Dvorak, R. D., Sargent, E. M., Kilwein, T. M., **Stevenson, B. L.**, Kuvaas, N. J., & Williams, T. J. (2014). Alcohol use and alcohol-related consequences: Associations with emotion regulation difficulties. *American Journal of Drug and Alcohol Abuse*, 40(2), 125-130.

+ Research Experience

- Jun 2018 - present
Doctoral Dissertation: Binge Eating as an Escape from Aversive Self Awareness
University of Central Florida, Orlando, FL
Advisor: Robert Dvorak, PhD
Committee: Valerie Sims, PhD, Michael Dunn, PhD, Clint Bowers, PhD
 - Reviewed literature and designed a momentary test of escape theory for binge eating (Heather-ton & Baumeister, 1991)
 - Successfully proposed in June 2018; began data collection in July 2018
- Sept 2013 - May 2015
Master's Thesis
Effortful Control Moderates the Association Between Emotional Instability and Binge Eating
North Dakota State University, Fargo, ND
Adviser: Robert Dvorak, PhD
Committee: Kathryn Gordon, PhD, Stephen Wonderlich, PhD, Clayton Hilmert, PhD, Yeong Rhee, PhD
 - Successfully proposed thesis in Fall 2013 and defended in Spring 2015
 - Clinically interviewed all potential participants ($n = 75$) for most Axis I disorders
 - Gathered, cleaned, merged, and coded initial analyses for data in Stata 12.0
 - Analyzed main research questions using HLM and MPlus
 - Presented results to the NDSU Department of Psychology in May 2015
 - Collaborated with committee members to publish findings in Summer 2015
- Aug 2013 - Jan 2015
Lab Manager
North Dakota State University, Fargo, ND
Robert Dvorak, PhD, Health Addiction Risk & Motivation (HARM) Lab
 - Assisted main researcher in examining the relationships between motivation/self-control and a multitude of health risk behaviors, including alcohol use and binge eating
 - Assisted Dr. Dvorak in recruiting participants, gathering data, data analyses, and publication
 - Attended lab meetings to advance knowledge in advanced statistical analyses
 - Conducted research assistant training and ensured adherence to methodological protocol

+ Research Experience (cont)

- Jan 2010 - May 2011 **Independent Research Project, Dept. of Psychology**
College of St. Scholastica, Duluth, MN
Karen Petersen, PhD
 - Analyzed correlations between forum topics and frequency of aggressive comments posted
 - Researched background literature and independently designed research study
 - Regularly consulted peers and reviewed peers' work to improve proposals
 - Created and coded data file in SPSS for the analysis of variables
 - Gathered, analyzed and reported data at departmental poster session

+ Funding

- Jul 2018 UCF Graduate Presentation Fellowship
- Jul 2018 Selected to compete in Florida Blue Healthcare Innovation Competition
- Mar 2017 UCF Graduate Presentation Fellowship
- Nov 2017 UCF Conference, Registration, and Travel Allocation (Registered Student Organization)
- Aug 2016 Submitted application PA-16-309, Ruth L. Kirschstein National Research Service Award (NRSA)
A Methodological Test of Ecological Momentary Assessment Schedules in Binge Eating Disorder
- Mar 2016 UCF Conference, Registration, and Travel Allocation
- Dec 2015 College of Science & Mathematics Graduate Student Travel Grant
- Dec 2014 College of Science & Mathematics Graduate Student Travel Grant

+ Reviewing

- Health Psychology

+ Selected Presentations

- **Stevenson, B. L.**, Kramer, M. P., Wilborn, D., & Dvorak, R. D. (2019, March). Should I stay or should I go? Approach/avoidance conflict and emotional functioning. Presentation at the meeting of the International Convention for Psychological Science (ICPS), Paris, France.
- **Stevenson, B. L.**, & Dvorak, R. D. (2018, April). Real time changes in emotion regulation and loss of control eating. Presentation at the meeting of the International Conference for Eating Disorders (ICED), Chicago, IL.
- **Stevenson, B.L.** (2017, June). Differences in affective trajectories in ecological momentary assessment studies of binge eating. Paper session presented at the meeting of the International Conference for Eating Disorders (ICED), Prague, Czech Republic.
- **Stevenson, B. L.**, Kramer, M. K., Kilwein, T. M., Sargent, E. M., & Dvorak, R. D. (2017, March). Development of a DRT intervention to reduce alcohol-related problems among college women during spring break. Presentation at the meeting of the International Convention of Psychological Science (ICPS), Vienna, Austria.
- **Stevenson, B.L.**, Dvorak, R. D., & Kramer, M. P. (2016, March). Emotions before and after loss of control eating. Presentation at the meeting of the Eating Disorders International Conference (EDIC), London, U.K.
- **Stevenson, B.L.**, Williams, T. J., Kuvaas, N. J., & Dvorak, R. D. (2015, March). Comparing eating disorders symptoms in college and community men and women. Presentation at the meeting of the International Convention of Psychological Science (ICPS), Amsterdam, Netherlands.
- **Stevenson, B.L.**, Williams, T. J., Kuvaas, N. J., & Dvorak, R. D. (2014, May). Cognitive control moderates the association between emotional instability and alcohol-related consequences. Presentation at the meeting of the Association for Psychological Science (APS), San Francisco, CA.

+ Work Experience

- Jan 2018 - May 2018 **Instructor of Record, Psychobiological Aspects of Drug Use**
University of Central Florida, Orlando, FL
 - Independently designed and instructed the 4-credit course for 82 students
 - Utilized daily active learning activities to improve students' critical thinking skills and engagement
 - Incorporated assignments and automatic grading on Canvas Webcourses platform
- Aug 2016 - Present **Graduate Teaching Assistant and Lab Instructor**
University of Central Florida, Orlando, FL
Statistics, Behavior Modification, General Psychology, and Psychobiological Aspects of Drug Use
Alisha Janowsky, PhD, Alvin Wang, PhD, & Michael Dunn, PhD
- Aug 2015 - Dec 2015 **Instructor of Record, Research Methods in Psychology**
North Dakota State University, Fargo, ND
Leah Irish, PhD
 - Independently designed and instructed an undergraduate research methods course
 - Utilized flipped classroom design and daily active learning activities to improve learning outcomes
 - Designed an empirical proposal project with two individual feedback sessions per student
- Jan 2014 - May 2015 **Graduate Teaching Assistant - Psychology of Aging, Research Methods, Statistics**
North Dakota State University, Fargo, ND
Linda Langley, PhD, & Laura Thomas, PhD
- Nov 2011 - Aug 2013 **Program Coordinator**
Legacy Endeavors, Saint Paul, MN
Ashley Oolman and Amy Deaville
Managed residences for adults with developmental disabilities, mental illness and traumatic brain injury by:
 - Providing direct therapeutic support to individuals, via behavioral interventions and symptom management
 - Creating and implementing skill-building, outcomes-based plans and analyzing data to ensure progress.
 - Communicating with interdisciplinary teams on progress and meeting at least annually.
 - Ensuring compliance with county and state licensing requirements
 - Supervising and training all direct care staff on procedures and routines in each home
- Jan 2009 - May 2011 **Teaching Assistant - Statistics**
College of St. Scholastica, Duluth, MN
Darryl Dietrich, Ph.D.
- Sept 2010 - May 2011 **Teaching Assistant - Spanish**
College of St. Scholastica, Duluth, MN
David Schuettler, Ph.D.
 - Served as the only non-native speaker of four Spanish tutors for students trying to learn Spanish.

+ Practica

- June 2018 - Present **Externship - Florida Hospital**
Medical Psychology Associates, Orlando, FL
Benjamin Johnson-Markve, PsyD, & Veronica Thornton, PhD
 - Administered and scored neuropsychological batteries including all or part of the WAIS-IV, WMS-IV, DKEFS, CVLT-II, PASAT, TOMM, Boston Naming Test, Western Aphasia Battery, Trails Making Test, Letter Cancellation Task, Rey Complex Figure Test, Wisconsin Card Sorting Test, and others.
 - Practiced administration using Spanish tests and norms with native speakers
 - Discussed interpretation with supervisors, addressing referral question (e.g., dementia)

+ Practica (cont)

- Aug 2017 - June 2018
Externship - Alcohol and Other Drug Services
UCF Behavioral Health Services, Orlando, FL
Thomas Hall, PhD, LCSW, & Michael Dunn, PhD, LCP
 - Performed legally or organizationally indicated substance use evaluations for mandated patients
 - Combined behavioral, self-report, and legal information to determine recommended course of treatment
 - Assessed for other diagnoses, determined clinical importance of presenting concerns
 - Implemented recommended treatment course, drawing from Motivational Interviewing skills to assist patients in cultivating internal motivation to change
 - Attended weekly supervision meetings with Dr. Hall and Dr. Dunn
- Aug 2016 - Aug 2017
Clinical Practicum
UCF Psychology Clinic, Orlando, FL
Amie Newins, PhD, LCP
 - Perform intake interviews and psychodiagnostic and personality assessments to thoroughly determine presenting problems
 - Document assessment results, clinical conceptualization, ongoing treatment progress, and risk information in thorough intake and discharge reports, and progress notes per session
 - Select and deliver empirically supported treatments for patient's goals, including Cognitive Processing Therapy (CPT), Cognitive Behavior Therapy (CBT), and Exposure Therapy
 - Participate in weekly group and individual supervision, presenting recordings of patient sessions
- Sep 2015 - July 2016
Psychodiagnostic Assessor
Neuropsychiatric Research Institute, Fargo, ND
Stephen Wonderlich, PhD, LCP
 - Learned to administer the Eating Disorder Examination (EDE), SCID-IV and SCID-5 (RV), Addiction Severity Index (ASI), and the Yale-Brown Cornell Eating Disorder Scale (YBC-EDS) according to strict reliability standards. Routinely conducted blind assessments.
 - Recorded diagnoses, in particular with regard to eating disorders, and assessed suicide risk regularly
 - Participated in regular team meetings with prominent eating disorder researchers to discuss methodology of studies
- Aug 2015 - July 2016
Clinical Practicum
NDSU Counseling Center, Fargo, ND
Marlys Borkhuis, M.S, LPC
 - Performed intake interviews to assess the nature and severity of presenting problems
 - Delivered individual therapy to NDSU students for a variety of presenting problems, including depression, anxiety, social anxiety, academic problems, and interpersonal functioning issues
 - Initiated outreach projects to improve the wellness of the general community
- Jun 2010 - Aug 2010
Human Services Internship
Center for American Indian Resources, Duluth, MN
Grace Bennett, BSW, LSW
 - Routinely worked with clients struggling with legal issues in a variety of settings
 - Oriented self to cultural values and history of American Indian tribes local to the area
 - Travelled to clients' homes and met with clients at the office in both small and large groups
 - Assisted in the evaluation of clients and the formulation of treatment plans, elaborating on steps to utilize community resources and best support clients
- Oct 2008 - Nov 2008
Language and International Studies Internship
La Estacion, Cuernavaca, Morelos, Mexico
Gerardo Debbink
 - Worked daily in the poorest region of Cuernavaca to help improve the quality of life for residents
 - Became familiar with cultural norms and language native to the area
 - Helped prepare affordable and nourishing breakfasts for children in town and taught simple English
 - Gave weekly lessons on psychological topics as requested by community members
 - Participated in festivities and events with community members

+ Memberships

- Aug 2017 - Present **Academy for Eating Disorders**
- June 2014 – Present **American Association for the Advancement of Science**
- Aug 2010 – May 2011 **Psi-Chi Chapter President**
The College of St. Scholastica, Duluth, MN
Karen Petersen, Ph.D.
 - Arranged meetings and events to promote student involvement with the Department of Psychology.
 - Worked within a school-allocated budget and requested additional funds as necessary.
 - Worked closely with officers and advisor, Dr. Karen Petersen.

+ Outreach Work

- Spring 2018 **Graduate Student Mentor**
LEARN Program, University of Central Florida
Kimberly Schneider, PhD
 - Mentored two students from disadvantaged backgrounds during their first year at college
 - LEARN program is intended to increase retention of at-risk STEM students
- February 2016 **Music Performance Anxiety Presentations**
NDSU School of Music Convocation, February 12th, 2016
Applied Voice Class, October 28th, 2015
 - Normalized the experience of performance anxiety for instrumental and vocal music students
 - Proposed empirically supported techniques to reduce anxiety during performances
 - Psychoeducated students about empirically supported, formal treatment options
- Fall 2015-Spring 2016 **Counseling Center Outreach Video**
Counseling Center, NDSU
 - Collaborated with peer counselors-in-training to conceptualize, create, and publish a video to normalize mental health struggles and educate students about how to use the Counseling Center
- 2015 & 2016 **Eating Disorders Awareness Week**
NDSU Campus
 - Collaborated with researchers, counselors and other health professionals to raise awareness of eating disorders
 - Collaborated with dietician to present on healthy body image, fat talk, and cognitive rumination

+ Departmental Service

University of Central Florida

- 2018-2019 Mentor to First Year Graduate Student
- 2018-2019 Student Representative at Faculty Meetings
- 2017-2019 Diversity Committee Meetings - regular attendee
- Spring 2018 Volunteered to teach course for department
- 2017-2018 President of Psi-Docs (graduate student group)
- Sept 2017 Graduate Student Fair

North Dakota State University

- 2015-2016 Organizer of Student-led DSM Group
- 2013-2016 Host and carpool for interviewing graduate students and visiting speakers

College of St. Scholastica

- 2010-2011 President of Psi Chi
- 2009-2011 Teaching Assistant for Spanish, Psychology

+ Academic Experience

- Aug 2009 – Dec 2009 **Study Abroad**
Lima, Perú
International Studies Abroad
 - Studied as an international student for one semester at La Universidad del Pacífico in Lima.
 - Studied Psychology, Sociology, Contemporary Thought and Spanish for Business in Spanish
 - Travelled around the country and improved use of native-sounding Spanish

- Aug 2008 – Nov 2008 **Study Abroad**
Cuernavaca, México
College of St. Scholastica
 - Studied for one semester in central Mexico
 - Completed an internship (see internship section)
 - Studied advanced Spanish and Mexican culture in el Instituto de Idioma y Cultura en Cuernavaca
 - Studied indigenous spirituality, healthcare around the globe, and Mexican history and culture through projects, class discussion and intensive writing