

# Brittany L. Stevenson

## Contact Information

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## + 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)

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- 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

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- Jul 2018      Selected to compete in Florida Blue Healthcare Innovation Competition
- 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
- Dec 2015      College of Science & Mathematics Graduate Student Travel Grant
- Dec 2014      College of Science & Mathematics Graduate Student Travel Grant

## + Reviewing

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- Health Psychology

## + Selected Presentations

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- **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

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- 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.

## + Internships

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- 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)

## + Internships (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

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- 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

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- 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

## + Academic Experience

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- 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