

Curriculum Vitae
SHANNON CLARK, MS, MA, TLLP

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Detroit, MI
48202

EDUCATION

Wayne State University **August 2014 – Present**

Doctoral Candidate, Clinical Psychology

Dissertation: *Acceptability and feasibility of a multicomponent group intervention to initiate health behavior change: The kickstart health program* (Proposed September 2017)

Qualifying Exams: Passed with Distinction in Therapeutic Interventions (August 2017)

Wayne State University **August 2016**

Master of Arts in Clinical Psychology

Thesis: *I feel your pain: The influence of pain catastrophizing and perceived threat on pain severity congruence in couples* (Defended January 2016)

Eastern Michigan University **April 2013**

Master of Science in Clinical-Behavioral Psychology

Truman State University **December 2010**

Bachelor of Arts in Psychology, Magna Cum Laude
Minor in Sociology

RESEARCH EXPERIENCE

Research Coordinator **August 2017 – Present**

Henry Ford Health System, Detroit, MI

Research Mentor: Lisa R. Miller-Matero, Ph.D.

- Spearheading a project that aims to validate a revised measure of food addiction among a bariatric surgery population (YFAS-2.0).
- Engaging in literature review, data entry, data analysis, and manuscript writing.
- Helping to conduct focus groups and manage a study that is looking at the effectiveness of a brief chronic pain intervention conducted in a medical setting.
- Assisting with manuscript writing for a study that assessed weight loss outcomes and patient satisfaction following a 6-week weight management group intervention for bariatric surgery candidates.

Rumble Research Fellow

August 2017 – Present

Wayne State University, Detroit, MI

Research Mentor: Annmarie Cano, Ph.D. & Lori Lackman-Zeman, Ph.D.

- Conducting for my dissertation a novel accessibility and feasibility study that is testing the fit of an active health behavior change intervention group in a healthcare setting.
- Engaging in program design, measurement selection, coordination with a local health system, and piloting the intervention as a group instructor.
- Future duties will include analysis of data and manuscript writing.

Graduate Research Assistant

August 2014 – Present

Wayne State University, Detroit, MI

Annmarie Cano, Ph.D.

Year 1:

- Attended laboratory and individual research meetings to make progress on thesis and additional projects related to the study of relationships and chronic pain.
- Conducted literature review and data analysis for my thesis study on observing the effects of pain catastrophizing and perceived threat on dyadic pain rating congruence.
- Served as a research therapist on an R21 grant-funded intervention for couples with chronic pain.
- Attended monthly laboratory meetings and weekly group supervision for research therapists.
- Analyzed data, presented at national conference, and began manuscript writing for thesis.

Year 2:

- Attended small group research meetings for R21 grant-funded intervention study 1-2 times per semester aimed at updating IRB and grant institution (NCCIH) paperwork.
- Assisted with manuscript writing of a case study from the R21 intervention.
- Collaborated on revisions to the intervention manual.
- Managed research assistant's lab duties, organized study procedures, and trained other research therapists.
- Collected survey data and continued to serve as a research therapist for both the experimental and educational control groups.
- Completed and defended thesis and began manuscript writing.
- Attended monthly laboratory meetings and weekly group supervision for research therapists.

Year 3:

- Published thesis and presented data for national conference.
- First authored and collaborated on a book chapter about observer responses to partner's chronic pain.

Graduate Research Assistant

August 2011 – April 2013

Eastern Michigan University, Ypsilanti, MI

Research Mentor: Karen K. Saules, Ph.D.

- Attended weekly laboratory and individual research meetings.
- Spearheaded two, first authored manuscripts related to eating behaviors and food addiction among a bariatric surgery population.

- Collaborated and assisted with other graduate student's projects.
- Analyzed and interpreted data and constructed posters for conference presentation.

Practicum Student/Research Assistant**July 2012 – April 2013***Henry Ford Health System, Detroit, MI*

Research Mentors: Anne Eshelman, Ph.D. and Lisa R. Miller-Matero, Ph.D.

- Performed data entry and analysis.
- Reviewed literature on prevalence of substance use problems in bariatric surgery patients.
- Collaborated on abstracts and manuscripts for conference poster presentations and publications.

Undergraduate Research Assistant**January 2009 – May 2011***Truman State University, Kirksville, MO*

Research Mentor: Michele Breault, Ph.D.

- Collaborated on two projects and participated in literature review, survey/stimuli development, study implementation, data analysis, and manuscript writing.
- Collaborated on abstract and poster for conference presentation.
- Attended research meetings 1-2 times per month.

Undergraduate Research Assistant**January 2009 – May 2010***Truman State University, Kirksville, MO*

Research Mentor: Sherri Palmer, Ph.D.

- Coded home videos that observed parents and children in dyad and triad interactions.
- Followed manuals to code responsiveness to parental and infant bids.

PUBLICATIONS

1. **Clark, S.M.**, Leonard, M. T., Cano, A., & Pester, B. (2018). Beyond Operant Theory of Observer Reinforcement of Pain Behavior. In K. Prkachin, T. Vervoort, K. Karos, & Z. Trost (Eds.), *Social and interpersonal dynamics in pain: We don't suffer alone* (pg. XX-XX). New York, New York: Springer.
2. Cano, A., Corley, A.M., **Clark, S.M.**, & Martinez, S.C. (2017) A Couple-Based Psychological Treatment for Chronic Pain and Relationship Distress. *Cognitive and Behavioral Practice*.
3. **Clark, S.M.**, Cano, A., Goubert, L., Vlaeyen, J.W.S., Wurm, L.H., & Corley, A.M. (2016). Pain Anxiety and its Association with Pain Congruence Trajectories During the Cold Pressor Task. *The Journal of Pain*.
4. Miller-Matero, L.R., Saulino, C.K., **Clark, S.**, Bugenski, M., Eshelman, A., & Eisenstein, D. (2016). When treating the pain is not enough: A multidisciplinary approach for chronic pelvic pain. *Archives of Women's Mental Health*, 9(2), 349-354.

5. Miller, L.R., Tobin, E.T., **Clark, S.**, Eshelman, A., & Genaw, J. (2015). Pursuing bariatric surgery in an urban area: Gender and racial disparities and risk for psychiatric symptoms. *Obesity Research and Clinical Practice*.
6. **Clark, S.M.**, Saules, K.K., Schuh, L.M., Stote, J., & Creel, D.B. (2014). Associations between relationship stability, relationship quality, and weight loss outcomes among bariatric surgery patients. *Eating Behaviors*, 15(4), 670-672. doi:10.1016/j.eatbeh.2014.09.003.
7. **Clark, S.M.** & Saules, K.K. (2013). Validation of the Yale Food Addiction Scale among a post-bariatric surgery population. *Eating Behaviors*, 14(2), 216-219.

PUBLICATIONS IN PREPERATION OR UNDER REVIEW

1. **Clark, S.M.** & Miller-Matero, L.R. (In preparation) An investigation of racial disparities in weight loss outcomes: Roux-en-Y gastric bypass versus sleeve gastrectomy.
2. **Clark, S.M.**, Martens, K., Mason, C.E.S., Hamann, A., & Miller-Matero, L.R. (In preparation) Validation of the Yale Food Addiction Scale 2.0 Among a Bariatric Surgery Population.
3. Miller-Matero, L.R., Dykhuis, K.E., **Clark, S.M.**, Coleman, J.P., & Ahmedani, B.K. (In Preparation). Treating Pain in Primary Care: Optimizing an Integrated Psychological Intervention Based on Perspectives of Psychologists, Primary Care Providers, and Patients.
4. Miller-Matero, L.R., Brescacin, C., **Clark, S.M.**, Troncone, C.L., & Tobin, E.T. (Under Review) Why WAIT? Preliminary Evaluation of the Weight Assistance and Intervention Techniques (WAIT) Group.

CONFERENCE PRESENTATIONS

1. Miller-Matero, L.R., Dykhuis, K.E., **Clark, S.M.**, Coleman, J.P., & Ahmedani, B.K. (2018). Treating pain in primary care: Optimizing an integrated behavioral intervention. 126th Annual Convention of the American Psychological Association. San Francisco, CA.
2. **Clark, S.M.**, Cano, A. & Lackman Zeman, L. (2018) Acceptability and Feasibility of a Multicomponent Group Intervention for Health Behavior Change: The Kickstart Health Program. Wayne State University Graduate and Postdoctoral Research Symposium, Detroit, MI.
5. **Clark, S.M.**, Van Dyke, A., & Lackman Zeman, L. (2016). The kickstart health program!: I want to get healthy but I just can't get started. Poster presentation at the Annual Collaborative Family Healthcare Association Conference, Charlotte, NC and the Wayne State University Graduate Poster Day, Detroit, MI.
6. **Clark, S.M.**, Cano, A., Goubert, L., Vlaeyen, J.W.S., Wurm, L.H., & Corley, A.M. (2016). Cognitive Components of Pain Anxiety and Pain Congruence Trajectories During the

Cold Pressor Task. Poster presentation at the American Psychological Association Annual Convention, Denver, CO.

7. **Clark, S.M.**, Cano, A., Goubert, L., Corley, A., Vlaeyen, J.W.S., & Wurm, L.H. (2015). I feel your pain: The influence of pain catastrophizing and fear priming on pain severity congruence in couples. Poster presentation at the 34th Annual Scientific Meeting of the American Pain Society, Palm Springs, CA; The Symposium for Researchers of Biobehavioral Health in Urban Settings Today, Wayne State University, Detroit, MI; and The Annual Graduate Student Research Poster Day, Wayne State University, Detroit, MI.
8. Vogel, K.J., **Clark, S.M.**, & Love, J. (2014). Acquisition of conditional discrimination skills: Transfer of stimulus control from matching to listener responding (TSCMLR). Poster presentation at the Michigan Autism Conference, Kalamazoo, MI.
9. **Clark, S.M.**, Saules, K.K., Schuh, L.M., Stote, J. & Creel, D.B. (2013). The contribution of relationship stability and relationship quality to weight loss outcomes among bariatric surgery patients. Poster presentation at The Obesity Society-Obesity Week, Atlanta, GA, November.
8. **Clark, S.M.**, Miller, L. R., & Eshelman, A.K. (2013). Beyond the Binge: Identifying other problematic eating behaviors in a male bariatric surgery candidate. Poster presentation at The Academy of Psychosomatic Medicine's 60th Annual Meeting, Tucson, AZ, November.
9. **Clark, S.M.** & Saules, K.K. (2013). Validation of the Yale Food Addiction Scale among a post-bariatric surgery population. Poster presentation at The Society of Behavioral Medicine's Annual Meeting and Scientific Sessions, San Francisco, CA, March and Eastern Michigan University's Graduate Research Fair, Ypsilanti, MI, March.
10. Wiedemann, A.A., Saules, K.K. & **Clark, S.M.** (2013) Are substance use disorders and "food addiction" associated with other addictive behaviors among weight loss surgery patients? Poster presentation at The Society of Behavioral Medicine's Annual Meeting and Scientific Sessions, San Francisco, CA, March.
11. Saulino, C., Miller, L, **Clark, S.**, Eshelman, A., & Eisenstein, D.I. (2012). The importance of a multidisciplinary approach in the evaluation and treatment of chronic pelvic pain: Psychological factors impacting care in a specialized chronic pelvic pain clinic. Poster presentation at 2012 Conference on Pain, Ypsilanti, MI, November.
12. Campbell, A.J., **Clark, S.**, Tobin, E., Miller, L. R., & Eshelman, A. (2012). A sobering thought: Examining substance use in bariatric surgery candidates. Poster presentation at 7th Annual Obesity Summit, Cleveland, OH, October.
13. **Clark, S.**, Reslan, S., Saules, K. K., & Greenwald, M. K. (2012). Validating a human behavioral economic choice paradigm for assessing food demand among post-weight loss surgery patients. Poster presentation at the annual meeting of The Obesity Society, San

Antonio, TX, September and Eastern Michigan University's Graduate Research Fair, Ypsilanti, MI, March.

14. Saules, K. K., Reslan, S., Wiedemann, A., **Clark, S.**, & Pulcini, M. (2012). Eating and addiction among weight loss surgery patients: Can behavioral economic theory shed light on the association? Panel discussion at the annual meeting of the Behavior Analysis Association of Michigan, Ypsilanti, MI, February.
15. Jacobson, N., Jacobson, B., & **Clark, S.** (2011). Male Preferences in the female body type. Poster presentation at the annual meeting of The Midwestern Psychological Association, Chicago, IL, May.
16. **Clark, S.**, Gross, M. (2010) Future plans, gender, and relationship satisfaction. Poster presentation at the Truman State University Senior Capstone Session, Kirksville, MO, December.
17. Jacobson, N., Jacobson, B., & **Clark, S.** (2010) Perceived attractiveness in romantic relationships. Poster presentation at The Association for Psychological Sciences 22nd Annual Convention, Boston, MA, May, Oral Presentation at The Truman State University Student Research Conference, Kirksville, MO, March and poster presentation at The Truman State University Psi Chi Annual Research Symposium, Kirksville, MO, April.

CLINICAL EXPERIENCE

Student Therapy Supervisor

August 2017 – Present

Wayne State University Psychology Clinic, Detroit, MI

Supervisors: Paul Toro, Ph.D. & Marilyn Franklin, Ph.D.

- Collaborate in bi-weekly psychotherapy supervision with a licensed psychologist and trainee who holds a caseload of 2-3 clients.
- Attend monthly didactic meetings, which include literature review and discussion on supervision theory and practice.

Therapy Practicum Student

May 2016 – Present

Wayne State University Psychology Clinic, Detroit, MI

Supervisors: Marilyn Franklin, Ph.D., Mark Lumley, Ph.D., & Laura Northerner, M.A.

- Provide individual psychotherapy to clients referred to a local university clinic that serves under-represented and low-income populations in a major Midwestern city.
- Maintain a case load of 2-3 clients seen weekly or bi-weekly.
- Receive weekly or bi-weekly supervision with a licensed therapist and/or student supervisor.

Independent Contractor/ Practicum Student

August 2015 – August 2017

Beaumont Health System– Family Medicine Center, Sterling Heights, MI

Supervisor: Ann Van Dyke, Ph.D., ABPP and Lori Lackman-Zeman Ph.D., LP

- Provided an extensive variety of brief behavioral assessments and interventions for over 400 different patients within a family medicine practice.
- Utilized techniques that included but were not limited to mindfulness training, child behavior management, tobacco cessation, stimulus control techniques for sleep, weight management, behavioral activation, cognitive behavioral techniques for anxiety, depression, and panic, and brief screenings for anxiety, depression, personality, and dementia.
- Assisted physicians and residents with symptom identification and community referrals.
- Collaborated with physicians and residents on patient care and provided brief consultation.
- Maintained 1-2 patients for individual therapy and received weekly supervision by a licensed psychologist.
- Utilized an electronic medical record system for chart notes and scheduling.
- Spearheaded the development of a health behavior change group therapy that utilized experiential meditation and exercise.

Independent Contractor – Group Therapist

May 2016 – November 2016

Beaumont Health System – Pain Clinic, Sterling Heights, MI

Supervisor: J. Bruce Hillenberg, PhD, ABPP

- As a research therapist, conducted Acceptance and Commitment therapy (ACT) groups for individuals who suffer from chronic pain within a medical center.
- Attended monthly supervision and ACT training.

Research Couples Therapist

January 2015 – July 2016

Wayne State University, Detroit, MI

Supervisor: Annmarie Cano, Ph.D.

- Conducted an acceptance and mindfulness-based intervention for couples in which one or both partners suffered from chronic pain over six weekly sessions
- Taught skills that included values based activities, in-session mindfulness meditation, and communication
- Administered educational control sessions over a six-week period that involved teaching information about the causes, treatment, and co-occurring disorders associated with chronic pain.

Assessment Practicum Student

May 2015 – May 2017

Wayne State University, Detroit, MI

Supervisors: Marla Bartoi, Ph.D., John Woodard, Ph.D., Lisa Rapport, Ph.D., Doug Barnett, Ph.D., and Jon Hinrichs, Ph.D.

- Completed nine psychoeducational and personality assessments for adults and children.
- Utilized measures of cognitive and intellectual abilities, academic achievement, psychological distress, personality, attention, memory, learning, and motor functioning.
- Composed detailed psychological assessment reports for all cases while supervised by a licensed psychologist.
- Provided verbal feedback and recommendations to clients and families following assessment.

Associate Behavioral Consultant

September 2013 to August 2014

Building Bridges Therapy Center, Plymouth, MI

Supervisors: Jessa Love, Ph.D., BCBA-D, Aubry Dodge, MS, BCBA

- Developed a supervisory/consultant position and advanced own responsibilities from direct line therapist.
- Provided supervision to and evaluation of direct line applied behavioral analysis therapists.
- Facilitated and planned center based program activities used to mimic a school environment.
- Provided direct line therapy to children with autism spectrum disorders, anxiety disorders, and other problem behavior concerns.
- Attended supervision meetings and researched literature for presentation at monthly, center wide didactic meetings.
- Trained and oriented new therapists.
- Performed data collection and assessment for center based and in-home clients.
- Served as a behavioral consultant for the center's preschool preparation program.

Practicum Student

July 2012 – April 2013

Henry Ford Health System, Detroit, MI

Supervisors: Anne Eshelman, Ph.D., ABPP & Lisa R. Miller-Matero, Ph.D.

- Conducted pre-surgical psychosocial evaluations for bariatric surgery candidates in a semi-structured clinical interview format.
- Administered brief cognitive screenings (The Montreal Cognitive Assessment and Rapid Estimate of Adult Literacy in Medicine) and other brief screeners of eating behaviors (Yale Food Addiction Scale, Emotional Eating Scale), anxiety and depression (Hospital Anxiety and Depression Scale), and sleep (Insomnia Severity Index).
- Provided feedback and recommendations to patients regarding outcome of evaluation.
- Completed comprehensive diagnostic reports for each assessment conducted.
- Shadowed both a behavioral weight management group and a support group provided to surgical candidates.
- Shadowed integrated medical team meetings for liver transplant candidates.
- Assisted with data entry, poster construction, data analysis, and manuscript writing for two projects associated with bariatric surgery and chronic pelvic pain.

Direct Line Applied Behavior Analyst

March 2012 – April 2013

Building Bridges Therapy Center/In-Home Independent Contractor

Supervisors: Aubry Dodge, MS, BCBA and Alicia Kendall, MS, BCBA

- Conducted weekly applied behavioral analysis for 2-3 children with varied diagnoses on the Autism Spectrum.
- Selected behavior techniques for individual needs on a case-by-case basis.
- Managed resistant behaviors and conducted in-home training for generalization of learning targets across varied atmospheres.
- Received monthly individual supervision provided by Board Certified Behavioral Analyst (BCBA).

- Attended monthly family meetings with BCBA, parents, child, and other direct line therapist working with the family.

Rehab Associate

September 2011 – March 2012

Eisenhower Center, Ann Arbor, MI

Supervisor: Cory Kenebrew, BA

- Provided direct supervision of clients with traumatic brain injuries in a 10-20 patient unit within an inpatient rehabilitation center.
- Prevented violent or aggressive behavior and monitored clients at high risk for elopement or suicide.
- Worked predominately in behavioral and substance abuse units with higher functioning clients who exhibited impulsivity and interpersonal difficulties.
- Transported clients to outings in the community (e.g., dinner, movies, and mall walks), medical and psychiatric appointments, and substance abuse recovery meetings (e.g., Alcoholics and Narcotics Anonymous meetings).
- Assisted clients with activities of daily living (e.g., dressing, preparing food, bathing, and cleaning room).
- Learned crisis prevention interventions to defuse verbal and physical aggression from clients.

Lead Residential Technician/Intern

May 2009 – August 2011

Bridgeway Behavioral Health, St. Charles, MO

Supervisor: Christine Rupp, BA

- Supervised evening shifts at a women's residential substance abuse treatment center.
- Managed emergency situations (e.g., suicidal ideation and intent, internal and external threats of harm, medical emergencies including seizures and complications from withdrawal).
- Diffused emotional situations (e.g., threats of leaving, group conflict and issues of missing children and family).
- Assisted in organizing the schedule and rotation of residential technicians in the women's residential building.
- Led education group sessions on various rehabilitative topics (e.g., social skills, AA and NA text discussion, healthy communication, relapse prevention, art and music therapy, co-dependency, and 12-step education).
- Filled orders for, administered, and counted client medications.
- Transported clients to and from hospital, doctor appointments, and AA/NA meetings (and attended meetings with clients).
- Covered morning, evening, and overnight technician shifts for both the women's and men's residential facilities.

TEACHING EXPERIENCE

Graduate Teaching Assistant (August 2014 to August 2017)

Wayne State University, Detroit, MI

Supervisors: Richard Slatcher, Ph.D., Michelle Tomaszycski, Ph.D., Margaret Bowman, Ph.D., & John Woodard, Ph.D.

Duties:

Year 1: Independently taught three sections per semester of an introductory psychology laboratory that supplemented a large lecture format. Gave lectures on various introductory topics. Provide feedback and grading for student assignments. Management classroom behaviors as issues arose. Structured an organized lecture that produced a learning environment appropriate for an undergraduate-level introductory class. Developed and taught an independent abnormal psychology course.

Year 2: Independently taught a writing intensive experimental psychology laboratory and an abnormal psychology course in which I developed my own materials for.

TRAINING/PROFESSIONAL WORKSHOPS

Presented:

Kickstart Health!: Tools to initiate healthy behaviors for our minds and bodies (presentation to primary care physicians on new program being offered to their family medicine patients)
Beaumont Health System – Family Medicine Clinic, Troy, MI

Managing Referrals for Autism Spectrum Disorders for Primary Care Physicians
Beaumont Health System – Family Medicine Clinic, Troy, MI

Classroom Behavior Management
Building Bridges Therapy Center, Plymouth, MI

Attended:

Master Clinician Seminar – Ownership Gone Awry: Understanding and Treating Hoarding Disorder (November 14th, 2015)
49th Annual Association for Behavioral and Cognitive Therapies Conference, Chicago, IL

A One-Day Workshop in Motivational Interviewing (July, 10th, 2015)
Wayne State University, Detroit, MI

Motivational Interviewing for Health Care Professionals (August 6, 2012 to 28, 2012)
Henry Ford Hospital, Detroit, MI

Natural Environment Training for Applied Behavior Analysis (May 18, 2012)
Novel Responses, Ann Arbor, MI

VOLUNTEER EXPERIENCE

Camp Courage – Child and Adolescent Grief Camp (July 2015)
Camp Buddy and Group Facilitator

Detroit City Central Men's Health Fair – Mental Health Screen (October 2014)
Brief Depression Screening Assistant

PROFESSIONAL MEMBERSHIP

American Psychological Associate – Student Affiliate
 Division 38 – Health Psychology Student Affiliate
 Division 38 Student Campus Representative (Academic Year 2016-2017)

PROFESSIONAL LICENSE

Licensing Board: Michigan Department of Licensing and Regulatory Affairs – Michigan Board
 of Psychology
Type: Master's Ltd. Psychologist - Educ Ltd
ID Number: 6301016561

HONORS AND AWARDS

January 2018	Wayne State University Summer Dissertation Award (\$5,000)
December 2017	Wayne State University Dissertation Award (\$2,000)
July 2017	Blue Cross Blue Shield of Michigan Foundation Grant (\$3,000)
February 2017	Wayne State University Rumble Fellowship (\$16,000 1-year research stipend)
August 2016	Conference Travel Award, Wayne State University Psychology Department (\$350)
June 2015	Conference Travel Award, Wayne State University Psychology Department (\$450)
October 2012	Conference Travel Award, Eastern Michigan University Psychology Department (\$400)
September 2012	Dean's Student Travel Fund, Eastern Michigan University College of Arts and Sciences (\$400)
August 2012	Conference Travel Award, Eastern Michigan University Graduate School (\$200)
January 2012	EMU Psychology Department funding/support (\$500)
August 2011	National Scholars Program (\$13,424)

2007-2010	Deans list, Truman State University
2008-2010	Truman Service Scholarship, Truman State University (\$3,000)
2007-2008	A+ Recognition Scholarship, Truman State University (\$1,500)
2007-2008	Combined Ability Scholarship, Truman State University (\$1,500)
2007-2008	President's Leadership Scholarship, Truman State University (\$500)
2007-2008	Union Area Chamber of Commerce Scholarship (\$600)
2007-2008	Cooper Industries Scholarship (\$2,000)
2007	Missouri House of Representatives Certificate of Recognition
2007	College Preparatory Studies Certificate
2007	President's Education Awards Program, Recognition of Outstanding Academic Excellence