**Amber M. Sepsey, MA**

fw9661@wayne.edu

### EDUCATION

### Wayne State University 5/15/2015- Present

 PhD. in Clinical Psychology, anticipated degree 2021.

 Focus: Developmental Clinical Psychology

 Dissertation:  *Yoga as a Complimentary and Alternative Medicine for Teacher*

 *Psychological Distress and Burnout: The Impact of Online Yoga*

 Academic advisor: Rita Casey, PhD.

### Wayne State University 8/15/2015- 5/15/2018

 Master of Arts degree in Clinical Psychology

 Master’s Thesis:  *Dispositional Parental Mindfulness and its Impact of Clinically*

 *Referred Children*

### Grand Valley State University 1/15/2009- 4/28/2012

 Dual Bachelor of Science Degree in Psychology and Philosophy

### LICENSURE

### Temporary Limited License Psychologist (TLLP), State of Michigan 2018- 2020

*License Number: 6301017551.*

### RESEARCH EXPERIENCE

**Wayne State University College of Education** Cheryl Somers, PhD.

Graduate Research,June 2018- Present

*Review, revise, and submit manuscripts for publication. Also, complete extensive literature reviews, data analysis, as well as result interpretation and write-ups. Submit, prepare, and deliver materials for academic conference presentations. Research focus on various aspects of counseling and education psychology regarding youth, emerging adults, and their environment (e.g. test anxiety, trauma, residential treatment centers, substance use impact, etc.).*

**Wayne State University Department of Psychology** Rita Casey, PhD.

Graduate Research, August 2015- Present

*Conduct all steps of the research process required to start, maintain, and complete studies focused on assessing the impact of embodied mindfulness techniques, such as yoga, on at-risk adolescents and the adults who interact with youth the most. Investigate utilizing embodied mindfulness as an intervention technique with high-risk adolescents as well as the adults who impact and care for them. Primary investigator on current study and co-investigator on previous lab studies.*

**Grand Valley State University Department of Psychology** Josita Maouene, PhD.

Undergraduate Research, June 2011- August 2012

*Worked together in analysis of early verbal development across several dimensions with both adults and children. Three different experiments were conducted. Involvement with this project consisted of: IRB revision form construction and submission; data collection, entry, and analysis; and presenting findings at the Midwestern Psychological Association Conference.*

**Grand Valley State University Department of Psychology** Lawrence Burns, PhD.

Undergraduate Research, August 2011- January 2012

*Worked together creating an experimental method of testing and measuring the effects of mindfulness. This project involved: Research of former findings in the field; IRB form construction and submission; data collection, entry, and analysis*

### PUBLICATIONS

**Peer-Reviewed Journal Articles**

1. Somers, C. L., Avendt, E. E., & **Sepsey, A. M.**  (2019). Parent-adolescent sexual dialogue: Does content and approach matter in adolescent sexual attitudes and behaviors? *Health Education, 119*(3)*,* 215-229*.*
2. Somers, C. L., Day, A. G., **Sepsey, A. M**., Allegoet, D., Baroni, B. A., & Hong, J. S. (2019). Understanding the residential treatment center school academic environment: Perspectives from students and teachers. *Residential Treatment for Children & Youth,* Advanced online publication. https://doi.org/10.1080/0886571X.2019.1622167

**Manuscripts Under Review**

1. Parent, S. L., **Sepsey, A. M**., Somers, C. L., & Sutton, E. S. (2019). Personal beliefs and situational factors that contribute to perceptions of rape and impact victim support. Submitted to *Violence and Victims,* Revised and Resubmitted.

### CONFERENCE PRESENTATIONS

1. **Sepsey, A. M.,** Parent, S. L., Somers, C. L., & Sutton, E. S. (August 2019). Personal beliefs and situational factors that contribute to perceptions of rape and impact victim support. Paper presented at the American Psychological Association annual conference, Chicago, Illinois.
2. **Sepsey, A. M**., Seivert, N. P., Casey, R. J. (May 2018) Dispositional parental mindfulness and its impact on clinically referred children. Poster presented at The Annual Student Research Poster Day, Wayne State University, Detroit, MI. Poster presentation at the Association for Psychological Sciences annual conference, Washington, D.C.
3. Smith, L., **Sepsey, A. M.** (November 2014) Standards based teaching in middle school. Presented at the Conference for the Advancement of Science Teaching (CAST), Dallas, TX.
4. **Sepsey, A. M.,** Nesheim, M., Maouene, M. E., Maouene, J. (May 2012). Body parts correlates of early-learned verbs in children. Paper presented at the Midwestern Psychological Association, Chicago, IL.

### INVITED TALKS

1. **Sepsey, A. M**. Understanding individualized education and 504 plans: Making effective referrals and recommendations. Children’s Hospital of Michigan Psychiatry Resident Seminar, Detroit, MI, February 2018.

### CLINICAL EXPERIENCE

**Children’s Hospital of Michigan** Predoctoral Internship

Training Director: Jill Meade, PhD.

September 2020- July 2021

*Work as part of a multidisciplinary team providing assessment, therapy, and consultation. Clinic involvement includes: Developmental Assessment, Outpatient Chronic Pain Management, Hematology/ Oncology, Pediatric Neuropsychology, Autism Spectrum Disorder, and Concussion. Provide consultation for inpatient pediatric cases as well as assessment for inpatient rehabilitation services. Intervention provided for pediatric patients. Weekly didactics attended as well as a monthly case conference/ journal club. Neuropsychology seminar attended weekly with Robert Rothermel, PhD.*

**The Children’s Center** Practicum Position

Supervisor: Angela Tzelepis, PhD.

August 2018- Present

*Assessments completed for children with emotional and behavioral difficulties. Client ages span from three through eighteen years of age. Individual intervention provided for children and their families. Group therapy delivered for children with ADHD and their parents.*

**Student Therapy Supervisor**

Supervisor: John Woodard, PhD.

August 2018- May2019

*Collaborated in weekly psychotherapy supervision with a licensed psychologist and two trainees who held caseloads of 2-3 clients. Weekly didactics incorporated into therapy focused on Acceptance and Commitment Therapy.*

**Project Challenge, Children’s Hospital of Michigan** Practicum Position

Supervisor: Jill Meade, PhD.

July 2017- July 2018

*Neuropsychological screenings with HIV- infected children and adolescents to monitor cognitive functioning over time. Infant development screenings also conducted to monitor cognitive development of HIV-exposed infants. Also assist in teen HIV support group and summer therapeutic camp/ prevention program (Camp HOPE). Neuropsychology seminar attended weekly with Robert Rothermel, PhD.*

**Wayne State University Psychology Clinic**

Supervisors: Mark Lumley, PhD., John Woodard, PhD., Doug Barnett, PhD., Jon Hinrichs, PhD., Marla Bartoi, PhD., Rita Casey, PhD., Marilyn Franklin, PhD., Sarah Raz, PhD.

May 2015- Present

Assessment: *Psychological assessment for children, adolescents, and adults. Assessment batteries included semi-structured interviews, intelligence and achievement testing, personality measures, neuropsychological measures, and supplemental measures.*

Therapy: *Integrated therapy approach with training in and application of: Acceptance and Commitment Therapy, Emotion Focused Therapy, Motivational Interviewing, Mindfulness-Based Stress Reduction, Cognitive Behavioral Therapy, and Psychodynamic techniques.*

**ACT for Weight Management** Group Therapy

Supervisor: John Woodard, PhD.

January- December 2017

*ACT group therapy for adults aiming to manage their weight. Therapy group lasts for 10 sessions total and works with clients to recognize and accept where they are and look at their goals and what they are willing to do to get there. Main techniques used and topics covered include: ACT Matrix, mindfulness, cognitive defusion, emotional avoidance, personal values, self-compassion, and relapse prevention.*

**Confident Kids Camp** Behavioral Therapy- Individual, Group, & Family

Supervisors: Aimee Kotrba, PhD.

June- August 2016

*Completed Behavioral Therapy training specific to working with children with Selective Mutism. Completed a lead-in session with my therapy client and completed an immersive one-week intensive Behavioral Therapy program with clients. Individual, group, and family therapy conducted during immersive week.*

### WORK HISTORY

**Graduate Teaching Assistant** Wayne State University

August 2015- Present

*Currently teaching psychology of everyday living. Previous to that, held the position of head teaching assistant for the introduction psychology course, which consists of training first year teaching assistants and instructing honors lab section. Have also taught introductory psychology lab and assisted with developmental psychology and health psychology courses.*

**Clinic Teaching Assistant** Wayne State University

July 2017 – May 2019

*Teaching assistant at the Wayne State University psychology clinic. The classroom portion of this position included teaching the assessment lab to first year clinical graduate students and acting as student supervisor on their training assessment cases. Completed score-checking on assessment cases for second- and third-year graduate students to ensure and support standardized administration and scoring. Beyond teaching, assessment and therapy coordination is was part of this position.*

**Jane Long Middle School** Lindsay Harris

September 2012- 2015

*Began working with at risk youth as a Paraprofessional in the In-School Suspension unit. Became a fully certified Teacher within my first year and taught 7th grade Science for the two following years. Department head for the 2014/ 2015 school year.*

**Habilitation Trainer**  Linda Kristensen (Through Network 180)

February 2011 – July 2012

*Habilitation trainer for female who has autism, psychosis, and epilepsy. I helped her with her daily care tasks as well as providing support for community activity participation.*

### ACQUIRED GRANTS

**Yoga Equipment (2014) -** Through Junior League BCS- Opportunity Knocks

**EV3 Robotics (2014) -** Through Bryan ISD Education Foundation

**Adolescent Run Community Garden (2014)-** Through Donors Choose

**IPad Class Set (2014)-** Through Bryan ISD Technology Department

**Space Academy Program (2014)-** Through Honeywell Educators

### PROFESSIONAL DEVELOPMENT & TRAININGS

**Advanced Workshop: Best Practices for Treatment of ADHD (2019)**

*Understanding ADHD through multiple contexts and best intervention practices for youth with ADHD and their family. 12 Sessions.*

**Understanding and Managing Treatment Resistance: Working with Children and Families (2018)**

*Reviewing and practicing approaches to successful intervention in the face of treatment resistance, specifically with youth and their family. 4 Sessions.*

**Beginning a Psychodynamic Psychotherapeutic Process (2018)**

*Evaluation, thinking diagnostically, making a recommendation, and setting a frame for the treatment through a psychodynamic approach.*

**Children’s Hospital of Michigan Pediatric Psychology Seminar Series (2018- 2019)**

*Workshops on the psychological aspects of topics including Eating Disorders, Chronic Illness, Self-Harm, Conversion Disorder, Sickle Cell, HIV, GI Disorders, & Child Abuse*

**Pediatric Neuropsychological Assessment Seminar (2018- 2019)**

*APA-Accredited weekly neuropsychology seminar focused on increasing exposure to child neuropsychology and test interpretation*

**Motivational Interviewing (2017)**

*Training with Sylvie Naar-King on Motivational Interviewing theory and application*

**safeTALK** (**2016)**

*Suicide alertness training*

**Confident Kids Camp Training** (**2016)**

*Intervention training focused on children with selective mutism*

**Interprofessional Clinical Practice Training for Autism Spectrum Disorder** (**2016)**

*General overview of encountering and identifying ASD in clinical practice presented by University Pediatrics Autism Center*

**Administration and Interpretation of the WISC-V** (**2016)**

*WISC-V training provided by a Pearson Clinical Assessment Consultant*

**DBT Training** (**2016)**

*Intervention training focused on Dialectical Behavior Therapy approach for individual and group setting*

**Professional Development Trainings – 157 Hours (2012-2014)** *Trainings ranged from data interpretation, working with students of poverty, English Language Learners, Special Education, and students with Emotional Disturbance*

**Yoga Alliance Seva 200 Hour Teacher Certification (2014- 2015)** *Teacher certification with a focus on the physiological benefits of yoga and mindfulness on the body*

**Crisis Prevention & Intervention (2012- 2014)** *Covers intervention and prevention strategies in the face of crisis (regarding adolescents)*

**Texas Teachers (2013)** *Teaching certification program*

**Residential Rights** (**2011)**

*Training on the rights of mentally handicap individuals*

### VOLUNTEER & COMMUNITY WORK

**President – Clinical Psychology Graduate Student Organization (2017-2018):** Helped facilitate fluid communication between clinical graduate student and faculty. Also managed, organized, and helped bring to fruition service and social opportunities within the department.

**Vice President of Events and Service - Clinical Psychology Graduate Student Organization (2016-2017):** Created volunteer and social opportunities in the community for clinical students to become involved with.

**Founder of Community Youth Programs:** JLMS Environmental Club, JLMS Robotics Club, Yoga for Teens- after school program (Co-founder)

**Sponsor of:** JLMSStudent Council

**Department Head:** 2014- 2015

**Psi Chi-** Chairman of charity events in alliance with the West Michigan Mental Health Foundation

**Volunteer**

**12/13/2017- Mindfulness and Relaxation Event-** Hosted by CPGSO to offer a present moment, self-care and stress-reduction opportunity within the psychology department.

**09/15/2017- Poverty Symposium-** Worked within CPSGO to coordinate a Poverty Symposium, which was free and open to campus/ community and a CE event for licensed psychologists. Speakers brought in include: Pamela Moore, Henny Warren, Allen Goodman, Ph.D., and Luke Shaefer, Ph.D.

**February 2017-** **Interview Weekend-** Worked within CPGSO to plan events, food, and housing for applicants. Also, helped to host and give transportation to multiple applicants.

**01/20/2017- Organizing Point in Time Count: Day After Interviews- Volunteer Opportunity-** Promoted and helped direct interested students in becoming involved in conducting follow up interviews with the homeless community.

**2016/2017-** **Psychology Socials-** Have worked within my role at CPGSO to create, organize, promote and coordinate multiple social events for the graduate students and faculty.

**2016/2017 Service Project- Charlotte Apartments Library-** Worked to raise money and materials to help provide the Charlotte Apartments (nonprofit housing unit for homeless veterans) with a library. This project has involved: meeting with Charlotte Apartment residents, organizing and holding multiple fundraisers, coordinating a department book drive, and community outreach work.

**10/03/2015 and 09/24/2016- MIU Men’s Health Fair-** Worked with Detroit Central City to conduct depression screenings using the PHQ-9 scale.

**01/29/2016- Point in Time Count: Day After Interviews-** The second stage of the Point in Time Count to conduct follow up interviews with the homeless community.

**01/27/2016-Point in Time Count-** Assisted the Homeless Action Network of Detroit in conducting the overnight count of the homeless community.

**01/18/2016- AmeriCorps MLK Service Project** – Aimed at creating safer pathways to schools in Detroit through boarding up of abandoned homes.

**09/12/2015- New Center Community Services Walkathon-** Raised money and awareness for the New Center Community Services- a nonprofit community mental health organization.

### Pre-2015-Taught psychology course at Job Corps, downtown Grand Rapids; Tutor in psychology, philosophy, mathematics, and French; Aid in running the Grand Valley Projection Film Series to raise money for the “Be Nice” program in West Michigan; Organize food storage for God’s Kitchen (food bank); Run events to raise food and decorated lunch bags for Kid’s Food Basket (food bank); Co-chair Red Cross events for various high schools; Mel Trotter promotion and organization of events.

### LANGUAGES

  **French**- Seven Years