**Laura Bierstedt**

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# EDUCATION

Texas A&M University – Corpus Christi, Corpus Christi, TX 2013 Master of Arts in Psychology

Master’s Thesis: Courage on the Rocks, Please: The Effects of Alcohol Expectancies on Shy Individuals in Nonconsumptive Interactions

GPA: 3.95/4.0

Texas A&M University – Corpus Christi, Corpus Christi, TX 2010 Bachelor of Arts in Psychology, magna cum laude

GPA: 3.74/4.0

# AWARDS AND HONORS

2013 First Place at the Graduate Scholarly Works Symposium for best Oral Presentation, Corpus Christi, TX, May 3. “Exploring the relationship between shyness and alcohol expectancies.”

2013 First Place at the Texas A&M University System 11th Annual Pathways Student Research Symposium for best Oral Presentation, Kingsville, TX, November 8. “Do alcohol expectancies influence the physiological stress response in shy individuals?”

2011-2012 Rising Scholar Graduate Scholarship

2013 International Education Graduate Scholarship (summer) 2013 ELITE Graduate Fellowship (summer)

2012 ELITE Graduate Fellowship (fall)

# RESEARCH EXPERIENCE

Research Assistant for Dr. Mark Hartlaub Texas A&M University Corpus Christi

Project title: Social psychology, Food deserts and availability Duties: Collect primary data

Present research at a national conference

Research Assistant for Dr. Amy Houlihan Texas A&M University Corpus Christi

Project title: Social psychology, risky behaviors, Latino population

Duties: Increase data validity by correcting previously corrupted data entry

Research Assistant for Dr. Ken Resnicow University of Michigan School of Public Health

Project title: Motivational Interviewing in Public Health

Duties: Provide motivational interviewing counseling via telephone for participants [trained by Dr. Ken Resnicow]

Schedule and complete routine phone calls totaling a caseload of 45 participants using motivational interviewing techniques to assist in health behavior modification regarding stroke risk

Facilitate several workshops to teach motivational interviewing techniques to participants, totaling more than 800 participants

## Poster Presentations

2011 Antonetz, M., & Bierstedt, L. “Facebook in the class curriculum: Is it really happening?” Annual meeting of the Southwestern Psychological Association, San Antonio, TX April 7-9.

2011 Antonetz, M., & Bierstedt, L. “Facebook in the class curriculum: Is it really happening?” Annual Pathways Student Research Symposium, College Station, TX, November 11.

2013 Bierstedt, L., & Moreno, M. “Exploring the relationship between shyness and alcohol expectancies.” Annual meeting of the Southwestern Psychological Association, Fort Worth, TX, April 5-7.

2013 Bierstedt, L., & Moreno, M. “Increased alcohol expectancies in shy individuals may influence consumption habits.” Annual Association for Psychological Science Convention, Washington, DC, May 23-26.

2014 Bierstedt, L., & Moreno, M. “Increased alcohol expectancies in shy individuals may influence alcohol consumption habits.” Society for Personality and Social Psychology, Austin, TX, February 13-15.

2014 Hartlaub, S., Bierstedt, L., & Hartlaub, M. “Food deserts in urban and rural areas: A comparison.” Annual meeting of the Urban Affairs Association, San Antonio, TX, March 19-22.

2014 Jovanavski, S., Bierstedt, L., Hartlaub, M., & Hartlaub, S. “Community healthcare redefined: The role of grass-roots community health organizations and outreach workers in education and access.” Annual meeting of the Urban Affairs Association, San Antonio, TX, March 19-22.

2014 Bierstedt, L., & Moreno, M. “Do alcohol expectancies influence the physiological stress response in shy individuals?” Annual meeting of the Southwestern Psychological Association, San Antonio, TX, April 3-5.

2014 Bierstedt, L., & Moreno, M. “Shy individuals experience greater alleviation from the effects of alcohol in nonconsumptive interactions.” Annual meeting of the Association for Psychological Science, San Francisco, CA, May 22-25.

# PROFESSIONAL EXPERIENCE

## Research Coordinator

University of Texas MD Anderson Cancer Center – Houston, TX (March 2015 – Present)

Duties: Assist program leadership in procedures and tasks related to the Tobacco Treatment Program such as coordinating patient flow, patient care, and developing reports.

Coordinate Tobacco Treatment Program patient services with our satellite locations. Provide training and oversight to the patient support functions of the team, supervise the scheduling of patients, and respond to questions from patients and health-care providers. Organize and coordinate program tasks under supervision of program leadership, implement quality-control procedures, troubleshoot problems in clinical flow and data- collection, and create timelines for the completion of a variety of program-related activities.

Monitor and assist in clinic flow, including gathering vital signs, assisting in the administration of a battery of psychological assessments, and maintaining communication within our team of other research coordinators, clinicians, psychiatrists, and psychologists.

Obtain informed consent and collect biological samples for the Genetic Banking Project and other studies as needed.

## Clinical Supervisor

Encompass Community Services, El Dorado Center – Santa Cruz, CA (June 2014 – January 2015)

Duties: Manage the outpatient component of a 16 bed residential mental health facility for those with schizophrenia, biopolar disorder, schizoaffective disorder, and major depressive disorder, and addiction.

Review and submit clinical documentation to ensure ongoing funding for the organization.

Supervise employees, and collaborate to create and implement a 3 month group counseling curriculum.

Facilitate group counseling and adapt to the current populations’ needs.

Work directly with therapists, psychiatrists, nurses, and county employees to create a collaborative effort in assisting patients.

## Practicum Experience

Turning Point, a division of the Behavioral Health Center of Nueces County – Corpus Christi, TX (August 2012 – May 2013)

Duties: Facilitate individual and group psychotherapy sessions independently.

Design and implement treatment plans appropriate for clients and maintain documentation throughout the therapeutic relationship.

Administer and score psychological assessments as appropriate. Manage a case load totaling more than 20 clients.

## Mental Health Technician

Bayview Behavioral Hospital – Corpus Christi, TX (Feb 2012 – July 2012)

Duties: Ensure safe and supportive environments for all patients on the milieu, including Child, Adolescent, Adult, and Chemical Dependency units on campus.

Accompany and actively supervise patients in activities of daily living, appointments, and recreational activities.

Maintain accurate and timely documentations, including that of daily group therapy. Perform crisis intervention.

Work directly with therapists, psychiatrists, and nurses to create a collaborative effort in assisting patients.

## Crisis and Suicide Hotline

Avail Solutions, Inc. – Corpus Christi, TX (Jan 2011 – August 2011)

Duties: Respond quickly to clientele with various mental health issues and needs. Client population was comprised of over 200 counties across Texas.

Maintain accuracy in medical records.

Perform crisis intervention via telephone, arranged for emergency and transportation services when needed.

# TEACHING EXPERIENCE

## Texas A&M University Corpus Christi Adjunct Professor

Social Psychology (Fall 2013)

## Graduate Teaching Assistant

Experimental Psychology, Dr. Steve Seidel (Fall and Spring 2012, Fall 2013)

## Grader

Lifespan Development, Dr. Lisa Comparini (Fall 2011) Abnormal Psychology, Dr. Pamela Brouillard (Fall 2011)

History and Systems of Psychology, Dr. Lisa Comparini (Spring 2012)

# PROFESSIONAL AND ACADEMIC MEMBERSHIPS

Psi Chi, the International Honor Society in Psychology

Member May 2010 – Present

Chapter Secretary April 2011 – August 2012

Chapter President August 2012 – December 2013

American Psychological Association September 2011 – Present Graduate Student Affiliate

Chi Sigma Iota, Counseling Academic October 2011 – December 2013 & Professional Honor Society International

Theta Alpha Mu chapter Member

Texas Association for the Advancement of Addiction Sciences February 2012 – Present Member

Golden Key International Honour Society April 2012 – Present Member

Association for Psychological Science February 2013 – Present Student Affiliate

Society for Personality and Social Psychology November 2013 – Present Student Affiliate

# SERVICE

Student Reviewer for APS Student Grant Competition January 2014

# CONTINUING EDUCATION

Workshop, "Teaching Academy Boot Camp" August 2011 University of Texas-Pan American, Edinburg, TX

Attended and completed Satori Alternatives to Managing Aggression March 2012 Attended and completed Love and Logic training March 2012

# SKILLS

SPSS

I-330-C2+ J&J Engineering Biofeedback Monitoring System

# REFERENCES

Dr. Miguel Moreno Professor of Psychology

Texas A&M University Corpus Christi 361-825-2205

[Miguel.moreno@tamucc.edu](mailto:Miguel.moreno@tamucc.edu)

Dr. Amy Houlihan Professor of Psychology Graduate Coordinator

Texas A&M University Corpus Christi 361-825-2971

[Amy.houlihan@tamucc.edu](mailto:Amy.houlihan@tamucc.edu)

Dr. Steve Seidel Professor of Psychology

Texas A&M University Corpus Christi

361-825-2619

[Steve.seidel@tamucc.edu](mailto:Steve.seidel@tamucc.edu)