

# Sarah A. Wilhoit, MA

Curriculum Vitae

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## CONTACT INFORMATION

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## EDUCATION

2016-current

**Doctorate of Philosophy (in progress)**

Wayne State University, Detroit, MI

**Program:** Clinical Psychology

2014-2016

**Master of Arts**

University of Dayton, Dayton, OH

**Program:** Clinical Psychology

2010-2014

**Bachelor of Science**

Allegheny College, Meadville, PA

**Major:** Psychology

**Minor:** English, Spanish

**GPA:** 3.68/4.0, Cum Laude

## PUBLICATIONS

Goodnight, J. A., **Wilhoit, S. A.**, & Receveur, A. (2017). Social learning theory and the development of aggression. In P. Sturmey (Ed.), *The Wiley handbook of violence and aggression*. Retrieved from Wiley Online Library.

Dixon, L. J., & **Wilhoit, S. A.** (2018). Divorced families. In J. Lebow, A. Chambers, & D. C. Breunlin (Eds.), *Encyclopedia of Couple and Family Therapy*. Springer.

## MANUSCRIPTS UNDER REVIEW

**Wilhoit, S. A.**, & Goodnight, J. A. (manuscript under review). Deviant peer affiliation mediates the prospective association from impulsivity to alcohol use in adolescence. Manuscript submitted for publication to *Journal of Adolescence*.

**Wilhoit, S. A.**, Trentacosta, C., Beeghly, M., Boeve, J. L., Lewis, T., & Thomason, M. E. (manuscript under review). Household chaos and toddlers' behavior problems: The moderating role of parent-child reciprocity. Manuscript submitted for publication to *Family Relations*.

**PROFESSIONAL PRESENTATIONS**

- Wilhoit, S. A.,** Trentacosta, C., Beeghly, M., Boeve, J., & Thomason, M. (2020, July). Maternal income and education predict different trajectories of mother-toddler dyadic reciprocity across tasks. Poster presentation for the International Congress of Infant Studies, Glasgow, Scotland.
- Wilhoit, S. A.,** Trentacosta, C., Beeghly, M., Boeve, J. L., Manning, J., Townsel, S., Qawasmeh, T., & Thomason, M. E. (2019, March). Parent-child reciprocity moderates the association between household environment and toddlers' behavior problems. Poster presentation for the Society for Research in Child Development, Baltimore, MD.
- Wilhoit, S. A.,** Trentacosta, C., van den Heuvel, M. I., Manning, J. H., Piercy, J. C., & Thomason, M. E. (2018, July). Prenatal exposure to maternal stress and household chaos as interacting predictors of toddlers' behavior problems. Poster presentation for the International Congress of Infant Studies, Philadelphia, PA.
- Wilhoit, S. A.,** Receveur, A., Hurd, L., & Goodnight, J. A. (2016, May). All my friends are doing it: Explaining the link between impulsivity and alcohol use. Poster presentation for the annual meeting of the Association for Psychological Science, Chicago, IL.
- Wilhoit, S. A.,** & Goodnight, J. (2015, November). Destined for trouble? : A prospective analysis of the effects of temperament and parenting on externalizing problems. Poster presentation at the Social Science Symposium, Dayton, OH.
- O'Koon, B., Stitzel, C., Hunt C., ... **Wilhoit, S.,** & Vavro, C. (2015, November). Ethics in clinical psychology. In R. Reeb (Chair), *Social Science Symposium*. Symposium conducted at the University of Dayton.
- Wilhoit, S. A.,** Miller, N. M., Adelson, M. J., & Dixon, L. J. (2015, May). Forgive us our sins: Exploring the links between religious orientation, perceived forgiveness from God, and mental health. Poster presentation at the annual meeting of the Association for Psychological Science, New York, NY.
- Wilhoit, S.,** Bodnar, C., & Clark, R. (2014, April). Effect of history of unavoidable aversive stimulation on effectiveness of a punishment contingency in the rat. Poster presentation at the Western Pennsylvania Undergraduate Psychology Conference, Erie, PA.

**RESEARCH EXPERIENCE**

October 2016 – present

**Graduate Researcher, Wayne State University**

**Project:** Brain Development Study

**Supervisors:** Marion van den Heuvel (Post-doc); Moriah Thomason and Christopher Trentacosta (Principal Investigators)

**Duties:**

- Trained on EEG history and research practices
- Collecting executive functioning, emotional control, and EEG data from 4-year-old participants
- Leading participant lab visits
- Training new research assistants regarding data collection
- Mentoring undergraduate honors thesis student

August 2014 – May 2016

**Primary Investigator, Master's Thesis, University of Dayton**

**Project:** *Destined for Trouble?: A Prospective Analysis of the Effects of Temperament and Parenting on Externalizing Problems*

**Supervisor:** Jackson Goodnight, Ph.D.

**Duties:**

- Wrote and successfully defended the thesis
- Analyzed data using structural equation modeling in MPlus

November 2015 – May 2016

**Graduate Assistant, University of Dayton**

**Setting:** University of Dayton

**Supervisor:** Jackson Goodnight, Ph.D., & Lee Dixon, Ph.D.

**Duties:**

- Coded videos of parent child interactions for ongoing projects
- Conducted literature reviews for various projects
- Oversaw literature review and analyzed data using PROCESS in SPSS
- Presented findings in APS poster sessions
- Projects included a book chapter on social learning theory and violence, a study of the longitudinal effects of impulsivity on substance use, research into the relationship between religion and self-forgiveness and mental health, and an encyclopedia entry on therapy with divorced families

**CLINICAL EXPERIENCE**

September 2018 – present

**Practicum Intern, Psychological Services, The Children's Center**

**Supervisor:** Angela Tzelepis, Ph.D.

**Duties:**

- Conduct comprehensive psychoeducational and psychodiagnostic assessments for diverse clients, including conducting clinical interviews with clients and their parents, testing administration and scoring, report writing, and providing feedback
- Meet for weekly didactic training and clinical case conferences; present cases for case conferences
- Responsible for maintaining assessment and therapy notes

- Facilitate group therapy for children with ADHD focusing on developing coping and interpersonal skills and for their parents focusing on psychoeducation, including the causes of ADHD and behavior management techniques
- Have completed 39 assessments, 12 assessments in progress
- Have completed 76 hours group intervention
- Have completed 29 hours individual intervention with 4 clients

May 2017 – present

**Therapy Practicum Student, Wayne State University Psychology Clinic**

**Supervisors:** Marla Bartoi, Ph.D., Sarah Raz, Ph.D., & Douglas Barnett, Ph.D.

**Duties:**

- Conducting individual therapy with 1 therapy client
- Have conducted individual therapy with 4 therapy clients
- Co-led 5 modules (8 weeks/module) of DBT skills group
- Conducted DBT intake interviews
- Helped teach DBT skills to treatment group and managed client crises during groups sessions
- Have completed 188.5 hours of therapeutic intervention

May 2017 – October 2018

**Assessment Practicum Student, Wayne State University Psychology Clinic**

**Supervisors:** Marilyn Franklin, Ph.D., Rita Casey, Ph.D., & Marla Bartoi, Ph.D.

**Duties:**

- Conducted 9 comprehensive psychoeducational and psychodiagnostics assessments for diverse clients, including conducting clinical interviews with clients and their parents, testing administration and scoring, report writing, and providing feedback
- Met for weekly didactic training and clinical case conferences; presented cases for case conferences
- Met with supervisors for each case to develop assessment battery, interpret test results, and conceptualize reports for assessment feedback

July 2017 – August 2017

**Counselor, Confident Kids Camp**

**Supervisor:** Aimee Kotrba, Ph.D.

**Duties:**

- Worked individually with camper to reduce selective mutism symptoms
- Facilitated organized activities, such as classroom lessons
- Helped individual camper to speak in front of groups and with peers
- Completed 30 hours of direct intervention

July 2015 – May 2016

**Practicum Intern, Dayton Children’s Hospital**

**Supervisor:** Christine Abbuhl, Ph.D.

**Duties:**

- Scored psychological and intelligence tests
- Administered intelligence tests
- Wrote client reports
- Observed intake, testing, and feedback sessions
- Observed and helped facilitate ADHD parent group
- Facilitated ADHD child group
- Completed 480-hour clinical practicum

**TEACHING EXPERIENCE**

Summer, 2019	Graduate Teaching Assistant, Department of Psychology, Wayne State University, Detroit, MI
Summer, 2018	Introduction to Psychology (Independent Course)
Summer, 2017	
Fall, 2018	Graduate Teaching Assistant, Department of Psychology, Wayne State University, Detroit, MI
Winter, 2019	Statistics Laboratory
Fall, 2018	Graduate Teaching Assistant, Department of Psychology, Wayne State University, Detroit, MI
	Developmental Psychology Service-Learning Lab
Winter, 2018	Graduate Teaching Assistant, Department of Psychology, Wayne State University, Detroit, MI
	Developmental Psychology (Independent Course)
Fall 2017	Graduate Teaching Assistant, Department of Psychology, Wayne State University, Detroit, MI
	Research Methods Laboratory
Winter 2017	Graduate Teaching Assistant, Department of Psychology, Wayne State University, Detroit, MI
	Introduction to Psychology (Lecture Teaching Assistant)
Fall 2016	Graduate Teaching Assistant, Department of Psychology, Wayne State University, Detroit, MI
	Introduction to Psychology Laboratory
Fall 2014 – Spring 2016	Graduate Assistant, Department of Psychology, University of Dayton, Dayton, OH

**PROFESSIONAL AFFILIATIONS**

American Psychological Association (Student Affiliate)  
 Association of Psychological Science (Student Affiliate)  
 International Conference of Infant Studies (Student Member)  
 Society for Research in Child Development (Student Member)

**HONORS, AWARDS, AND SCHOLARSHIPS**

2019	Clinical-Developmental Poster Award, Graduate Student Poster Day
2019-2020	Rumble Research Fellowship with full tuition remission and stipend
2018-2020	Merrill-Palmer Skillman Institute Research Fellowship
2016-2019	Graduate Teaching Assistantship with full tuition remission and stipend
2014-2016	Graduate Assistantship with full tuition remission and stipend
2014	Graduated with Honors
2012	Psi Chi, Psychology Honor Society
2012	Sigma Tau Delta, English Honor Society
2012	Phi Sigma Iota, Foreign Language Honor Society
2010-2014	Allegheny College Alden Scholar (Dean's List)

**PROFESSIONAL TRAINING**

2019	Best Practices for Treating ADHD training: 24 hours, Angela Tzelepis, Ph.D., The Children's Center
2019	Children and Adolescent Functional Assessment System (CAFAS) Training: 12 hours, Detroit Mental Health Authority
2019	Understanding the Importance of Sleep in Children and Adolescents: 3 hours, Angela Tzelepis, Ph.D., The Children's Center
2017	Dialectical Behavioral Therapy training: 8 hours, Marla Bartoi, WSU Psychology Clinic
2017	Motivational Interviewing training: 7 hours, Sylvie Naar, Ph.D. & Maurice Bulls, M.Ed.
2016	Research Ethics Training, Wayne State University Graduate School