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# Cassidy C. Arnold, Ph.D.

## *Curriculum Vitae*

The Citadel Counseling Center

203 Richardson Avenue

Charleston, SC 29409

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## EDUCATION

- 2014 - 2015**      **Medical University of South Carolina**, Charleston, South Carolina  
Pre-doctoral Clinical Psychology Internship  
APA-Accredited Pre-doctoral Internship Program in Clinical Psychology  
Specialization in Traumatic Stress  
Research Preceptor: Rochelle Hanson, Ph.D.
- 2012 – 2015**      **Virginia Commonwealth University**, Richmond, Virginia  
Doctor of Philosophy, Clinical Psychology, August 2015  
APA-Accredited Doctoral Program in Clinical Psychology  
Specialization in Clinical Child Psychology  
Dissertation: *Adherence and Competence to Cognitive Behavioral Therapy for Youth Anxiety: Psychometric Evaluation*  
Adviser: Michael Southam-Gerow, Ph.D.
- 2008 - 2011**      **Virginia Commonwealth University**, Richmond, Virginia  
Master of Science, Clinical Psychology, Fall 2011  
Specialization in Clinical Child Psychology  
Master's Thesis: *Evaluation of a Community Mental Health Center's Assessment Clinic: Development of a Novel Assessment Evaluation Tool*  
Adviser: Michael Southam-Gerow, Ph.D.
- 2004 - 2006**      **University of Colorado at Denver**, Denver, Colorado  
Bachelor of Arts, Psychology
- 1998 - 2000**      **Lafayette College**, Easton, Pennsylvania  
Major: Civil Engineering
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## CLINICAL EXPERIENCE

### PROFESSIONAL EXPERIENCE

September 2018 – Present      **Charleston Neuropsychology**  
Mt. Pleasant SC

As a licensed clinical psychologist (SC license #1447), I will provide evidence-based assessment and therapy services for youth and adults. Common presenting problems include anxiety,

depression, attention/concentration difficulties, learning disabilities, substance abuse, and other problem behaviors. Additionally, I will be conducting assessments as part of research trials.

August 2015 – August 2018 **The Citadel Counseling Center**  
The Citadel, Charleston SC

As a staff therapist at The Citadel Counseling Center, I provide evidence-based therapy, risk assessment, alcohol use assessments, and emergency services to cadets, veteran students, evening students, and graduate students within a military college environment. Common presenting problems include anxiety, depression, stress management, substance abuse, attention/concentration difficulties, and relationship dissatisfaction. Services are short term and are tailored to patient needs using a modular treatment approach. Emergency services include after-hour collaboration with nursing staff at the on-campus infirmary to conduct risk assessments for cadets who present with suicidal or homicidal ideation, non-suicidal self-injury, and psychotic behaviors. Additionally, I provide outreach services to the incoming cadets.

**PRE-DOCTORAL INTERNSHIP: MEDICAL UNIVERSITY OF SOUTH CAROLINA**

August 2014 – January 2015 **Stall High School Mental Health Clinic**  
Medical University of South Carolina  
Supervisor: Cristina Lopez, Ph.D.

Provided evidence-based cognitive-behavioral mental health treatment and assessment for adolescents at their high school and in their homes for a variety of concerns including trauma-related psychopathology, depression, anxiety, anger management and problem behaviors, family conflict, crisis assessment and risk management, and substance abuse. Coordinated care with school staff and community agencies.

August 2014 – January 2015 **Centralized Inpatient Programming Service (CIPS)**  
**Center for Drug and Alcohol Programs (CDAP)**  
Medical University of South Carolina  
Supervisors: Joshua Smith, Ph.D. & Viktoriya Magid, Ph.D.

Developed group curriculum utilizing evidence-based treatment elements (psychoeducation, skill-building, relaxation, distress tolerance, safety planning, relapse prevention, etc.) for inpatient psychiatric group therapy for adolescents and adults through CIPS. Facilitated group therapy sessions for patients receiving inpatient psychological and psychiatric care for problems related to mood and anxiety symptoms, substance use, and/or psychosis that lead to concerns about safety (e.g., suicidal behavior, drug overdoses, and insufficient self-care). Conducted initial interview and assessments for individuals seeking substance abuse treatment through CDAP.

January 2015 – July 2015 **Adolescent and Family Service (AFS)**  
Medical University of South Carolina  
Supervisor: Kristyn Zajac, Ph.D.

Provided family-based outpatient assessment and treatment (e.g., contingency management) for adolescents (ages 12-17 years) from traditionally underserved populations who are struggling with behavioral problems such as substance abuse, risky sexual behaviors, and rule-breaking behaviors.

January 2015 – July 2015      **National Crime Victims Research and Treatment Center (NCVC)**  
Medical University of South Carolina  
Supervisor: Rochelle Hanson, PhD

Provided outpatient evidence-based assessment and treatment for youth and adults who have experienced a traumatic event (including TF-CBT, Prolonged Exposure, and Cognitive Processing Therapy).

**ADDITIONAL PRACTICA EXPERIENCE:**

August 2011 – July 2013      **Clinical Psychology Practicum**  
**Virginia Treatment Center for Children**  
Virginia Commonwealth University Medical Center  
Supervisors: Leslie Kimball-Franck, Ph.D., Jae Bodas, Ph.D., & Earl Turner, Ph.D.

Provided acute inpatient psychological services and outpatient therapy to children ages three through 17 years and their families; patients had presenting concerns including suicidal behavior, homicidal behavior, psychosis, and other psychological and behavioral problems which the family and community were not able to safely manage. Services provided included: intake assessments; individual and family inpatient psychotherapy; case management in preparation for ongoing psychological services following discharge; and interdisciplinary team case presentations and treatment planning. On an outpatient basis, conducted psychological evaluations, which included clinical interviews, diagnostic, and behavioral assessment instruments, and writing integrative assessment reports; and conducted outpatient psychotherapy for a wide range of presenting problems.

July 2011 – June 2013      **Clinical Psychology Practicum/Clinical Supervisor**  
**Advanced Assessment Practicum**  
Virginia Commonwealth University, Richmond, Virginia  
Supervisor: Mary Beth Heller, Ph.D.

Conducted comprehensive intake interviews, diagnostic and cognitive assessments, and wrote integrative assessment reports for a diverse range of youth and adult clients seeking assessment services in a community mental health clinic in Richmond, Virginia. Acted as primary supervisor to graduate students providing comprehensive assessment services.

May 2009 – Dec. 2012      **Clinical Psychology Practicum/Clinical Supervisor**  
**Anxiety Specialty Clinic**  
Virginia Commonwealth University, Richmond, Virginia  
Supervisors: Michael Southam-Gerow, Ph.D. & Scott Vrana, Ph.D.  
2009-2010: Associate member  
2010-2011: Core member  
2011-2012: Chief therapist and clinical supervisor

Provided outpatient evidence-based cognitive-behavioral therapy for patients with anxiety disorders and co-morbid disorders. Progressed from associate member with small caseload, to a core staff therapist with large caseload, to Chief Therapist with supervisory responsibilities. Provided individual supervision to beginning therapists, co-led weekly group supervision meetings, and consulted with faculty supervisors about staffing incoming cases.

August 2010 – April 2011     **Clinical Psychology Practicum**  
  **Glen Forest Associates, Community Private Practice**  
  Glen Forest Associates  
  Supervisor: Creighton Hite, Psy.D., M.Ed.

Conducted comprehensive diagnostic interviews, administered diagnostic and cognitive assessments, and wrote integrative assessment reports for a diverse range of child, adolescent, and adult clients seeking assessment services at community private practice in Richmond, Virginia.

August 2009 – May 2010     **Clinical Psychology Practicum**  
  **Center for Psychological Services and Development**  
  Virginia Commonwealth University, Richmond, Virginia  
  Supervisors: Steve Auerbach, Ph.D. & Christine Nelson, Ph.D.

Performed intake assessments and delivered evidence-based therapeutic interventions for a variety of behavioral and emotional disorders in an outpatient mental health clinic serving a diverse population of children, adolescents, and adults.

Oct. 2006 – July 2008        **Pediatric Mental Health Specialist**  
  Inpatient Psychiatric Unit, Seattle Children's Hospital  
  Seattle, Washington  
  Supervisor: Ann Moore, M.S., R.N.

Provided developmentally appropriate coaching and supervision to hospitalized patients on the Inpatient Psychiatric Unit and their families. Conducted evidence-based psychosocial groups and facilitated family visits for child and adolescent patients with a wide range of psychological diagnoses including mood, anxiety, and developmental disorders, as well as youth exposed to trauma and behavioral problems (e.g., suicidal and homicidal behaviors, psychosis, and aggression toward others).

Jan. 2006 – May 2006        **Pre-baccalaureate Practicum**  
  Denver Children's Home, Denver, Colorado  
  Supervisor: Daniela Abbott, L.M.F.T.

Co-facilitated group therapy sessions for children and adolescents at Denver Children's Home, a residential treatment center for youth who were victims of trauma, abuse and neglect.

Summers 2004, 2005         **Lead Instructor and Course Director**  
  Outward Bound: Maryland  
  Supervisors: Cindy Ekinson & Lana Hill

Led wilderness therapy courses for adolescents interested in developing leadership skills. Taught psychosocial group sessions on topics such as problem solving, assertive communication, conflict resolution, self-awareness, and team building skills. As course director, was responsible for staff development and acted as a liaison between staff working directly with the youth, logistical staff, and families.

June 2001 – August 2003     **Lead Instructor**  
  Outward Bound: Florida, Maine, New York

Supervisors: Pat Bunch (Florida), Wendy Jordan (Maine), & Robert Burke (New York)

Led wilderness therapy courses for at-risk adolescents and adjudicated juveniles who were court-mandated to receive treatment. Taught psychosocial group sessions on topics such as anger management, problem solving, assertive communication, conflict resolution, and self-awareness. Responsible for staff development and training of assistants and interns.

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## **RESEARCH EXPERIENCE**

### **MASTER'S THESIS AND DOCTORAL DISSERTATION**

**Doctoral Dissertation**      Defended April 2015

*Adherence To And Competence In Cognitive Behavioral Therapy For Youth Anxiety: Psychometric Evaluation*

This project included the development of observational coding measures to code therapist adherence (*Cognitive-Behavioral Therapy for Youth Anxiety Therapist-Adherence Scale*) to and competence (*Cognitive-Behavioral Therapy for Youth Anxiety Therapist-Competence Scale*) in implementing CBT for youth anxiety. Coded recorded psychotherapy sessions ( $N =$  over 1700 sessions personally coded) from the seminal efficacy and effectiveness trials for *Coping Cat* (CBT for youth anxiety) with these observational coding measures. Conducted statistical analyses to evaluate the psychometric properties (reliability, validity, etc.) for the two measures. Presented findings at national conferences.

**Master's Thesis**      Defended October 2011

*Evaluation of a Community Mental Health Center's Assessment Clinic: Development of a Novel Assessment Evaluation Tool*

This project included two components: (1) the development of a standardized, multi-dimensional assessment measure evaluation tool—the Strength of Measure (SoM)—based on operationally defined criteria supported by decades of psychometric research; and (2) an evaluation of the practices of a community mental health center's Assessment Clinic using the SoM and other criteria consistent with best practices in assessment. Presented findings at national conferences.

### **OTHER RESEARCH EXPERIENCE**

August 2014 – July 2015

**Research Assistant**

Project BEST (Bringing Evidence Supported Treatments to South Carolina Children and Families)

Medical University of South Carolina

National Crime Victims Center

Preceptor: Rochelle Hanson, Ph.D.

Project BEST is a dissemination and implementation project (funded by Grant Appropriation No. 1582-SP from the Duke Endowment) aiming to increase access to high quality psychological treatment (Trauma Focused Cognitive Behavioral Therapy; TF-CBT) for youth affected by trauma and their parents. Within Project BEST, my research foci included: (a) evaluating therapist

demographic characteristics and attitude toward evidence-based practice as predictors of participation in training and delivery of TF-CBT; and (b) evaluating a self-report measure of treatment integrity to TF-CBT. Additional projects include qualitative coding and analysis of therapist interview data addressing modifications made to TF-CBT for adolescents.

August 2013 – July 2014

**Project Coordinator**

Family Implemented TEACCH for Toddlers (FITT)

University of North Carolina – Chapel Hill School of Medicine

Carolina Institute for Developmental Disabilities

PIs: Lauren Turner-Brown, Ph.D., Kara Hume, Ph.D., & Brian Boyd, Ph.D.

The Family Implemented TEACCH for Toddlers study (Maternal and Child Health Research Program funded, R40 MC 22648, and an internal grant from the Frank Porter Graham Child Development Institute) is a randomized controlled trial of a manualized, home-based structured teaching intervention (TEACCH) for toddlers diagnosed with autism spectrum disorders and their parents. Responsibilities associated with this position included: managing participant recruitment; coordinating and participating in diagnostic and research assessments; data management; statistical analyses; and training and supervising research assistants on research support tasks.

August 2010 – January 2014 **Research Assistant**

Treatment Integrity Measurement Study (TIMS)

Virginia Commonwealth University, Department of Psychology

PIs: Michael Southam-Gerow, Ph.D., & Bryce McLeod, Ph.D.

The Treatment Integrity Measurement Study (NIMH funded R01, R01MH086529) involves the design, development, and testing of four related but distinct observational measures of treatment integrity. Responsibilities on this project included: collaboratively developing of the Adherence to Cognitive Behavioral Therapy for Youth Anxiety measure; coding psychotherapy sessions for therapist (e.g., adherence to and competence with to CBT) and youth behaviors (e.g., child involvement); creating and maintaining databases; training and supervising research assistants on various research support tasks including data entry; creating procedures and SPSS syntax used to ensure accuracy of data entry and to support data analysis; and analyzing data for conferences and manuscripts.

May 2009 - August 2010

**Research Assistant**

Partnership for Excellence in Early Language and Literacy Skills (PEELLS)

Virginia Commonwealth University, Department of Education

PI: Christopher Chin, Ph.D.

The PEELLS project (funded by an Early Reading First Grant from the US Department of Education) is a classroom-level intervention focused on promoting early language and literacy skills in Head Start and state-funded preschool classrooms. Responsibilities on this project included: conducting participant recruitment, assessment, and follow-up with families; conducting early language and literacy assessments with preschool participants in classrooms in Richmond City schools; created and maintained databases; created procedures and SPSS syntax for data analysis; and trained research assistants.

May 2009 – Jan. 2010

**Science Writer**

Commonwealth of Virginia Commission on Youth  
Supervisor: Michael Southam-Gerow, Ph.D.

Conducted comprehensive literature reviews and summarized current science findings on the diagnosis, assessment, and treatment of Youth Suicide, Non-suicidal Self-Injurious Behavior, Depression and Dysthymia, Trauma, and Antidepressants and the Risk of Suicidal Behavior for the Commission on Youth's Collection of Evidence-Based Treatment Modalities for Children and Adolescents with Mental Health Needs, 4th Edition.

August 2008 – Dec. 2011

**Research Assistant**

Program Evaluation of Assessment and Diagnostic Service at Region  
Ten Community Service Board  
Virginia Commonwealth University, Department of Psychology  
PIs: Michael Southam-Gerow, Ph.D. & Bryce McLeod, Ph.D.

The Program Evaluation of Assessment and Diagnostic Service at Region Ten Community Service Board was an evaluation of the assessment services with a focus on the quality of the services provided to youth at risk of out of home placement (i.e., foster care). Developed a coding system and procedure to systematically evaluate the quality of assessments and the psychometric strength of the measures used as part of these assessments.

August 2009 – August 2010

**Research Assistant/Clinical Interviewer**

Adaptation of Depression and Anxiety Psychological Treatments for  
Children (ADAPT) Project  
Community Services Board, Chesterfield County, Virginia  
PI: Michael Southam-Gerow, Ph.D.

The ADAPT project (NIMH funded K23, K23MH69421) was an open trial of a multi-focus modular therapy for childhood with comorbid internalizing and externalizing disorders in an area community mental health clinic. Conducted structured clinical interviews (K-SADS-PL) to evaluate youth who participated in a treatment effectiveness study.

Sept. 2007 – June 2008

**Research Assistant**

Behavioral Activation Therapy for Depressed Adolescents  
Seattle Children's Hospital, Department of Psychiatry and Behavioral  
Sciences  
PIs: Elizabeth McCauley, Ph.D. & Kelly Schloredt, Ph.D.

The Behavioral Activation Therapy for Depressed Adolescents study (NIMH funded, R34 MH076956-01) was an initial efficacy trial of manualized Behavioral Activation (BA) Therapy for depressed adolescents. Responsibilities included preparing materials for study assessments.

Sept. 2007 – October 2007

**Research Assistant**

Middle School to High School Transition Project  
University of Washington  
PI: Elizabeth McCauley, Ph.D.

The High School Transition Study (NIMH funded, RO1 MH61984) was an evaluation of a preventative intervention program focused on reducing depression, school problems, and substance

use among at-risk eighth graders entering into high school. Responsibilities included supporting data management (e.g., data entry, and data cleaning).

Feb. 2007 – June 2008      **Research Assistant**  
Mental Health & Substance Use Screening Study for Teens  
University of Washington, Department of Psychiatry and Behavioral Sciences  
PIs: Kate Comtois, Ph.D., Elizabeth McCauley, Ph.D., & Ray Hsiao, M.D.

The Mental Health & Substance Use Screening Study for Teens was an assessment validation study of the Global Appraisal of Individual Needs – Short Screener (GAIN-SS) for adolescents. Youth were receiving services through either inpatient or outpatient psychiatric settings. Conducted recruitment, consent, and assessments with youth participants in addition to data entry and analysis.

Dec. 2006 – June 2008      **Research Assistant**  
Inpatient Psychiatric Unit Eating Disorder Follow-up Study  
Seattle Children’s Hospital, Department of Psychiatry and Behavioral Sciences  
PI: Rose Calderon, Ph.D.

The Inpatient Psychiatric Unit Eating Disorder Follow-up Study collected the health status and perspective of individuals who had formerly received services for an eating disorder in the Inpatient Psychiatric Unit at Seattle Children’s Hospital. Supported data management on the project including data entry and data cleaning.

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## **PUBLICATIONS**

### **PEER-REVIEWED PUBLICATIONS**

1. McLeod, B. D., Southam-Gerow, M. A., Rodríguez, A., Quinoy, A. M., **Arnold, C. C.**, Kendall, P. C., & Weisz, J. R. (2016). Development and Initial Psychometrics for a Therapist Competence Instrument for CBT for Youth Anxiety. *Journal of Clinical Child & Adolescent Psychology*, 1-14.
2. Southam-Gerow, M.A., McLeod, B.D., **Arnold, C.C.**, Cox, J.R., Rodriguez, A., Reise, S., Bonifay, W., Weisz, J.R., & Kendall, P.C. (2016). Initial development of a treatment adherence measure for cognitive-behavioral therapy for child anxiety. *Psychological Assessment*, 28(1), 70-80.
3. Chu, B.C., Crocco, S.T., **Arnold, C.C.**, Brown, R.C., Southam-Gerow, M.A. & Weisz, J.R.. (2015). Sustained implementation of cognitive-behavioral therapy for youth anxiety and depression: Long-term effects of structured training and consultation on therapist practice in the field. *Professional Psychology: Research and Practice*, 46(1), 70-79.



4. Christon, L. M., **Arnold, C. C.**, & Myers, B. J. (2015). Professionals' reported provision and recommendation of psychosocial interventions for youth with autism spectrum disorder. *Behavior Therapy*, 46(1), 68-82.
5. Southam-Gerow, M. A., **Arnold, C. C.**, Rodriguez, A., & Cox, J. R. (2014). Acting locally and globally: Dissemination implementation around the world and next-door. *Cognitive and Behavioral Practice*, 21(2), 127-133.
6. Christon, L.M., Robinson, E.M., **Arnold, C.C.**, Lund, H.G., Vrana, S., & Southam-Gerow, M.A. (2012). Adolescent selective mutism: A modular cognitive-behavioral therapy approach. *Clinical Case Studies*, 11(6), 474-491.

#### INVITED PUBLICATIONS AND CHAPTERS

1. Southam-Gerow, M.A., **Arnold, C.C.**, Tully, C.B., & Cox, J.R. (2014). Dissemination of evidence-based practices. In C. Alfano & D. Beidel (Eds.), *Comprehensive Evidence-Based Interventions for School-Aged Children and Adolescents*. Hoboken, NJ: Wiley & Sons, Inc.
2. **Arnold, C.C.** (2011). Youth suicide. In *Collection of Evidence-based Treatments for Children and Adolescents with Mental Health Needs* (4th Ed.). Richmond, VA: Commission on Youth. [http://vcoy.virginia.gov/vcoy/PDFfiles/Youth%20Suicide\\_0.pdf](http://vcoy.virginia.gov/vcoy/PDFfiles/Youth%20Suicide_0.pdf)
3. **Arnold, C.C.** (2011). Non-suicidal self-injurious behavior. In *Collection of Evidence-based Treatments for Children and Adolescents with Mental Health Needs* (4th Ed.). Richmond, VA: Commission on Youth. [http://vcoy.virginia.gov/vcoy/PDFfiles/Non-Suicidal%20Self-Injurious%20Behavior\\_0.pdf](http://vcoy.virginia.gov/vcoy/PDFfiles/Non-Suicidal%20Self-Injurious%20Behavior_0.pdf)
4. **Arnold, C.C.** (2011). Depression and dysthymia. In *Collection of Evidence-based Treatments for Children and Adolescents with Mental Health Needs* (4th Ed.). Richmond, VA: Commission on Youth. [http://vcoy.virginia.gov/vcoy/PDFfiles/Depression%20and%20Dysthymia\\_0.pdf](http://vcoy.virginia.gov/vcoy/PDFfiles/Depression%20and%20Dysthymia_0.pdf)
5. **Arnold, C.C.** (2011). Antidepressants and the risk of suicidal behavior. In *Collection of Evidence-based Treatments for Children and Adolescents with Mental Health Needs* (4th Ed.). Richmond, VA: Commission on Youth. [http://vcoy.virginia.gov/vcoy/PDFfiles/Antidepressants%20and%20the%20Risk%20of%20Suicidal%20Behavior\\_0.pdf](http://vcoy.virginia.gov/vcoy/PDFfiles/Antidepressants%20and%20the%20Risk%20of%20Suicidal%20Behavior_0.pdf)
6. Christon, L.M., & **Arnold, C.C.** (2011). Trauma. In *Collection of Evidence-based Treatments for Children and Adolescents with Mental Health Needs* (4th Ed.). Richmond, VA: Commission on Youth. [http://coy.state.va.us/vcoy/PDFfiles/Trauma\\_0.pdf](http://coy.state.va.us/vcoy/PDFfiles/Trauma_0.pdf)

#### SYMPOSIA

1. Arnold, C.C. Hanson, R.H., & Moreland, A. (2015, May) *Therapist Factors Predicting Participation in a TF-CBT Training and Treatment Adherence*. Symposium presentation at the annual meeting of the Association for Psychological Science, New York, NY.

2. **Arnold, C.C.**, Rodriguez, A., Southam-Gerow, M.A. & McLeod, B.D. (2014, November). *Exploring the relationship between therapist adherence to and competence with CBT for youth anxiety*. Symposium presentation at the annual meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
3. **Arnold, C.C.**, Rodriguez, A., Southam-Gerow, M.A. & McLeod, B.D. (2013, November). *Adherence differences in community versus research clinics for CBT youth anxiety*. Symposium presentation at the annual meeting of the Association of Behavioral and Cognitive Therapies, Nashville, TN.
4. **Arnold, C.C.** & Southam-Gerow, M.A. (2011, November). *How evidence based is usual care assessment?: A program evaluation*. Symposium presentation at the annual meeting of the Association of Behavioral and Cognitive Therapies, Toronto, Canada.

#### POSTER PRESENTATIONS

1. Hume, K., Turner-Brown, L., Boyd, B., & **Arnold, C.C.** (2014, May). *Supporting rural families with toddlers on the autism spectrum: Understanding family and child characteristics in an effort to develop accessible and effective intervention*. Poster presentation at the annual meeting of the International Meeting for Autism Research, Atlanta, GA.
2. Cox, J.R., Smith, M.M., Rodriguez, A., **Arnold, C.C.**, McLeod, B.D., & Southam-Gerow, M.A. (2013, November). *The extensiveness of therapist adherence to a cognitive behavioral therapy protocol for youth anxiety across skills training components*. Poster presentation at the annual meeting of the Association of Behavioral and Cognitive Therapies, Nashville, TN.
3. Islam, N.Y., Smith, M.M., Lerner, M.D., Parker, K.M., Rodriguez, A., **Arnold, C.C.**, McLeod, B.D., Southam-Gerow, M.A. (2012, October). *The role of pre-treatment factors in alliance and client involvement in cbt for youth anxiety delivered in community clinics*. Poster presented at the National Conference in Clinical Child and Adolescent Psychology, Lawrence, KS.
4. **Arnold, C.C.** & Southam-Gerow, M.A. (2011, November). *The Strength of Measure (SoM) Scale: The development of a systematic method for evaluating the strength of psychological assessment measures within clinical practice*. Poster presentation at the annual meeting of the Association of Behavioral and Cognitive Therapies, Toronto, Canada.
5. **Arnold, C.C.** Rodriguez, A., Southam-Gerow, M.A. & McLeod, B. D. (2011, November). *Initial reliability of the CBT for youth anxiety therapist adherence scale*. Poster presentation at the annual meeting of the Association of Behavioral and Cognitive Therapies, Toronto, Canada.
6. Chin, C.E., **Arnold, C.C.**, & Carter, C.M. (2010, June). *Using family literacy environment and behavior to predict early language and literacy*. Poster presentation at the annual meeting of the Head Start Research Conference, Washington, D.C.

7. **Arnold, C.C.**, Comtois, K., McDonnell, M., Hendricks, K. E., & Morgan, A. (2009, November). *Differences in psychopathology among adolescents exposed to violent trauma, non-violent trauma, and no trauma*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, New York, NY.
8. **Arnold, C.C.**, Quinoy-Boe, A., Brown, R. C., Chu, B.C., McLeod, B.D., Weisz, J. R., Southam-Gerow, M.A. (2009, November). *Therapist attitude toward and use of manualized treatments*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, New York, NY.
9. Hourigan, S.E., Quinoy-Boe, A., Brown, R.C., **Arnold, C.C.**, & Southam-Gerow, M.A. (2008, November). *Examining differences between clinic-referred youth and non-referred youths on the children's emotion management scales*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Orlando, FL.
10. Storck, M. & **Arnold, C.C.** (2007, March). *State of the art of adventure-based therapies at CSTC and beyond*. Hosted by Child Study and Treatment Center, Lakewood, WA. Continuing medical education credit awarded through Seattle Children's Hospital, Seattle, WA.

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## TEACHING EXPERIENCE AND PROFESSIONAL SERVICE

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| 2015      | Conducted Stress Management education seminars for first year Citadel cadets. The Citadel, Charleston, SC                                   |
| 2013      | Conducted therapist training: "Habit Reversal Training for Skin Picking and Trichotillomania."<br>Henrico County Mental Health, Henrico, VA |
| 2013      | Graduate Teaching Assistant<br>PSYC-407: Abnormal Psychology<br>Supervisor: Danielle Worthington, M.A.                                      |
| 2011      | Journal Ad-hoc Reviewer: Journal of Clinical Child and Adolescent Psychology.   |
| 2011      | Discussion Facilitator at Alcohol/Drug Awareness Night for Youth and Parents. St. Christopher's Middle School, Richmond, VA                 |
| 2009-2012 | School Outreach Organizer for the Anxiety Specialty Clinic, Virginia Commonwealth University  |
| 2008-2009 | Graduate Teaching Assistant<br>PSYC-317: Research Methods in Psychology (4 courses)<br>Supervisors: Vicky Shivy, Ph.D. & Robert Hamm, Ph.D. |

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## **HONORS AND AWARDS**

- 2014      **VCU Psychology Department Travel Award**, VCU Dept. of Psychology (to present at the Association for Behavioral and Cognitive Therapies 2014).
- 2013      **VCU Psychology Department Travel Award**, VCU Dept. of Psychology (to present at the Association for Behavioral and Cognitive Therapies 2013).
- 2011      **Graduate Student Travel Grant**, VCU Graduate School (to present at the Association for Behavioral and Cognitive Therapies 2011).
- 2011      **VCU Psychology Department Travel Award**, VCU Dept. of Psychology (to present at the Association for Behavioral and Cognitive Therapies 2011).
- 2006      **College of Liberal Arts and Sciences Outstanding Undergraduate Award**
- 2006      **Nell Fahrion Outstanding Senior in Psychology Award**
- 2005      **Samuel Priest Rose Memorial Scholarship** for outstanding student in psychology
- 2004-2006      **Dean's List Scholarship Award**
- 2004-2005      **CU Denver Academic Achievement Award**, recognition for 4.0 GPA in consecutive semesters
- 2004      **Psi Chi, National Honor Society in Psychology**

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## **PROFESSIONAL EDUCATION**

- 2014      *Prolonged Exposure*  
Medical University of South Carolina and  
Peter Tuerk, Ph.D.
- 2007      *Coping With Chaos: Treating Severe Disorders with Dialectical Behavior  
Therapy*  
Behavioral Tech, LLC, Portland, OR  
Marsha Linehan, Ph.D. & Amy Wagner, Ph.D.