**EMILY A. SONNEN**

CURRICULUM VITAE

**EDUCATION**

**Bachelor of Arts in Psychology** *May 2016* Minor in English

Texas Tech University (TTU), Lubbock, TX

**Master of Arts in Psychology** *Expected May 2018*

University of Nebraska-Lincoln (UNL), Lincoln, NE

**CLINICAL EXPERIENCE**

***Early Childhood Mental Health Consultant*** *Aug 2018-Present*

**Head Start/Early Head Start (HS/EHS)**

**Home Based and Blended Learning Programs**

**Community Action of Lincoln and Saunders County**

Supervisor: Corrie Davies, Ph.D.

University of Nebraska-Lincoln

*Description:* HS/EHS is a school readiness and child development intervention program for families and children who have been identified to be at risk in the community. The non-profit program provides prenatal services to enhance development of infants and toddlers, and provides services at an early age, which has a significant impact on a child’s growth and development. Additionally, HS/EHS allows parents to get involved with in their child’s development, offers home-based and center-based program options, provides nutrition, medical and dental care, and ensures social and emotional engagement for enrolled children.

*Responsibilities:*

* Consult with Family Educators and Family Educator Supervisors to advise on early childhood development milestones, teach behavioral management techniques, and problem solve with
* Provide referrals to mental health services for families when necessary
* Conduct home visits for families in the community to observe and provide behavioral management techniques for problem behaviors
* Conduct classroom behavioral observations at the request of teachers
* Attend and/ or facilitate staff trainings on special interest topics, such as barriers for families and common behavior management techniques
* Score measures used to screen for child behavioral problems and environmental concerns, caregiver depression, and parenting practices, such as the *Behavior and Emotional Screening System-Revised* (BESS-R), the *Center for Epidemiological Studies Depression Scale-Revised* (CESD-R), and the *Parenting Interactions with Children: Checklist of Observations Linked to Outcomes* (PICCOLO)
* Individually evaluate “needs levels” (i.e., “Low,” “Moderate,” “High needs”) for families based on screeners, behavioral observation, and assessment
* Create comprehensive assessment reports and make recommendations for children who have been identified as having “Moderate” or “High needs.”

***Project SAFE (Sexual Abuse Family Education)*** *Aug 2017-Present*

***Group and Individual Therapist,***

**Child Advocacy Center of Lincoln, NE**

Supervisor: David Hansen, Ph.D.

Department of Psychology

University of Nebraska-Lincoln

*Description:* The Project SAFE Group intervention is a 12-week treatment program for youth who have experienced sexual abuse along with their non-offending family members. The program utilizes a manualized cognitive behavior protocol to help children work through the trauma of sexual abuse. Broadly, topics covered during sessions include sexual education, emotions related to family changes, the abuse and perpetrator, support networks, coping skills, and prevention strategies. Project SAFE is a joint effort between UNL and the Child Advocacy Center of Lincoln, NE.

*Responsibilities:*

* Provide individual mental health services through Brief Family Intervention (BFI)
* Co-facilitate treatment groups for children (ages 7-12), adolescents (ages 13-18), siblings, and caregivers.
* Implement manualized treatment
* Manage disruptive behaviors in the interest of maintaining the progress in group
* Facilitate discussions
* Teach coping skills
* Consult with parents and other therapists as part of an interdisciplinary team working together in the best interest of the participating families

**TEACHING EXPERIENCE**

***Graduate Teaching Assistant-*** *10 hours per week Aug 2018-Present*

**Course: Abnormal Psychology**

Supervisor: Tim Nelson, Ph.D.

Department of Psychology

University of Nebraska-Lincoln

***Co-Instructor-*** *10 hours per week June 2018- Aug 2018*

**Course: Psychology of Family Violence (Online)**

Supervisor: David Hansen, Ph.D.

Department of Psychology

University of Nebraska-Lincoln

***Teaching Assistant****- 10 hours per week Jan -May 2018*

**Course: Psychology of Family Violence (Online)**

Supervisor: David Hansen, Ph.D.

Department of Psychology

University of Nebraska-Lincoln

**RESEARCH EXPERIENCE**

***Graduate Research Assistant****- 20 hours per week**Aug 2017-June 2018*

**Child Maltreatment Laboratory**

**Supervisor: David Hansen, Ph.D.**

**Department of Psychology**

**University of Nebraska-Lincoln**

*Current Research:* Varies across forms of child maltreatment, including sexual abuse, physical abuse, and neglect. Research efforts include development of assessments and interventions for victims and families, maltreatment prevention, and understanding the correlates and consequences of maltreatment.

***Undergraduate Research Assistant****-10 hours per week Jan 2015-June 2017*

**Parent-Child Interaction Therapy (PCIT) Laboratory,**

**Supervisor: Joaquín Borrego, Jr., Ph.D.**

**Department of Psychological Sciences**

**Texas Tech University**

*Current Research:* centered on empirically supported therapy for families of young children with disruptive behavior disorders, populations at high risk for child abuse, and young children experiencing risk factors for the disruptive behavior disorders. Other functions include parent training in effective discipline strategies, positive intercommunication, and consistent behavior management tactics.

*Achievements:*

* Achieved and maintained coding reliability in the *Dyadic Parent-Child Interaction Coding System IV (DPICS)*
* Co-authored an IRB submission conducting independent research on pre-parent attitudes toward corporal punishment and perceived confidence in parenting tasks

*Responsibilities:*

* Regularly assist lead therapist in providing education regarding PRIDE (Praise, Reflect, Imitate, Describe, Enthusiasm) parenting skills to clinical research participants
* Provide developmentally appropriate play and supervision for child clients
* Routinely observe clinical PCIT sessions
* Code and transcribe video-recorded therapy sessions
* Aid in the recruitment of participants from an underserved Hispanic population
* Access and manage client records and paperwork
* Attend weekly lab meetings

***Undergraduate Research Assistant*** *-10 hours per week Jan 2016-June 2017*

**Examining Nutrition, Exercise, and Rest in Growing Youth (ENERGY) Laboratory,   
 Supervisor: Jason Van Allen, Ph.D.**

**Department of Psychological Sciences**

**Texas Tech University**

*Current research*: focused on pediatric and familial physical and mental health appertaining to self-efficacy, goal-attainment, motivation, hope, and self-control. Ongoing projects study children diagnosed with chronic illnesses, pediatric obesity, sleep, nutrition, motivation, and implement new technology such as Telemedicine and eHealth.

*Responsibilities*:

* Assist in data collection at local schools, daycares, and community events
* Review relevant literature to facilitate new projects
* Review psychometric properties of measures utilized in upcoming studies
* Score, clean, organize participant data
* Recruit parent-child dyads to boost participation in ENERGY studies
* Ensure laboratory technology, such as electronic activity monitors used by participants is in working and reliable condition
* Attend weekly lab meetings

**PROFESSIONAL PRESENTATIONS**

Biles, B., & **Christie, E.** (2017, November).*Sexually abused youth presenting to treatment at a CAC: Relationship of postabuse attributions and child outcomes*. Poster accepted at the 51st Annual Convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Boone, D. M., Heidari, Z., **Christie, E.**, & Van Allen, J. (2017, March). *Hope as a moderator of the relationship between depression and BMI percentile in an adolescent sample.* Poster presented at the Pediatric Psychology Conference, Portland, OR.

**Christie, E.,** Fleming, T. C., Gibson, A. B., Berney, E. C., & Borrego, J. (2016, October). *Pre-parent attitudes toward corporal punishment and knowledge of behavioral principles.* Poster presentation at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies, New York City, NY.

Gibson, A. B., Fleming, T. C., **Christie, E.**, Bershell, J., & Borrego, J. (2016, October). *The ongoing validation of a behavioral principles inventory.* Poster presentation at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies, New York City, NY.

Fleming, T. C., Ortiz, E., Gibson, A. B., Berney, E. C., **Christie, E.,** & Borrego, J. (2016, October.) *Application of the Theory of Planned Behavior with aggressive discipline in a pre-parent population.* Poster presentation at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies, New York City, NY.

Klinkebiel, C. M., Gibson, A. B., Ortiz-Gonzalez, E., Gentry, B., **Christie, E.,** Fleming, T. C., & Borrego, J. (2016, May).  *Parent-Child Interaction Therapy: Change in parenting self-efficacy and maternal depressive symptoms*.  Poster presentation at the University of Oklahoma Health Sciences Center  Pediatrics Research Day, Oklahoma City, OK.

Gibson, A. B., Fleming, T. C., Borrego, J. P., Berney, E. C., **Christie, E.**, & Gentry, B. (2016, March). *Psychometric properties of a behavioral principles inventory.* Poster presentation at the 15thAnnual Graduate Student Research Poster Competition, Lubbock, TX.

Ortiz, E., Klinkebiel, C., Gibson, A., **Christie, E**., Gentry, B., & Borrego, J. (2015, November). *Parent-Child Interaction Therapy:* *A longitudinal analysis of change in child disruptive behavior problems and parenting self-efficacy*. Poster presentation at the 49th Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

**HONORS & AWARDS AT TEXAS TECH**

**Graduated Magna Cum Laude** *2016*

**Presidential Scholarship** *2012-2016*

**Top 10 Percent Scholarship** *2012-2013*

**President’s List** *3 Semesters*

**Dean’s List** *4 Semesters*

**PROFESSIONAL EXPERIENCE**

***Foster Care Home Developer*** *May 2016-June 2017*

**Buckner Children and Family Services of Lubbock**

**Supervisor: Cristian Garcia, M.S., LCPAA**

*Organization Services:* Providing a stable and nurturing environment for youth who have been removed from their biological families due to abuse, neglect, or other maltreatment. Places children in foster or adoptive homes.

*Responsibilities:*

* Licensing new foster homes
* Co-teaching a 16-hour course to prospective foster families introducing the basics of foster care and the effects of childhood trauma
* Ensuring Department of Family Protective Services Minimum Standards are being met in foster homes by conducting quarterly inspection
* Protecting and advocating for the safety and permanence of every child
* Maintain training hours on subjects such as Trauma Informed Care, Trust Based Relational Intervention (TBRI), the effects of detrimental environmental factors on children (e.g., poverty, neglectful supervision, physical, sexual, and emotional abuse)

***Intern*** *– 20 hours per week* *Jan 2016-May 2016*

**Buckner Children and Family Services of Lubbock**

**Supervisor: Cristian Garcia, M.S., LCPAA**

*Responsibilities:*

* Completed in-depth home visits to assess foster families’ level of commitment and capability to care for children placed in the home
* Shadowed a Foster Care Case Manager to gain knowledge and skills required to make decisions in the best interest of children in the welfare system
* Attended court hearings to support families during stressful times
* Attended and facilitated meetings and events for foster and adoptive families

***Certified QPR (Question, Persuade, Refer) ‘Gatekeeper’*** *August 2014*

**Provided by Texas Tech University**

Received training in emergency response for individuals in a suicidal crisis. This brief training offers instruction on warning signs and common behaviors surrounding suicidal ideologies, and subsequent prevention techniques.

**PROFESSIONAL AFFILIATIONS**

**APA Division 53: Society of Clinical Child and Adolescent Psychology** *2016-Present*

**Association of Behavioral and Cognitive Therapies** *2015-Present*

**Southwestern Psychological Association** *2015-Present*

**Psi Chi International Honor Society** *2014-2016*

**TTU Psychology Club** *2014-2016*