

Curriculum Vitae

Rachel N. Ward, M.S.

Personal Information

Academic Affiliation Palo Alto University
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Residence 788 Walnut St., Apt 9
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Education

- September 2017 – Present **Clinical Psychology Ph.D. Candidate**
Palo Alto University (APA Accredited)
Palo Alto, CA
Emphasis: Adult Trauma
Dissertation Topic: *Risk and resilience factors in the differential prediction of PTSD, substance use, and co-morbid PTSD and substance use symptoms*
Proposal Approved: January 15, 2021
Anticipated Defense: Spring 2022
Advisor: Lisa M. Brown, Ph.D., ABPP
- September 2017 – June 2020 **M.S. in Clinical Psychology**
Palo Alto University (APA Accredited)
Palo Alto, CA
Emphasis: Adult Trauma
Advisor: Lisa M. Brown, Ph.D., ABPP
- September 2014 – June 2017 **B.Sc. (Honors) in Psychology**
Royal Holloway, University of London (British Psychological Society Accredited)
Egham, Surrey, UK
Thesis: *Empathy for others in pain: analyzing the effects of mood, sport, and pain familiarity*
Supervisor: Tamar Pincus, Psy.D.

Awards and Nominations

Palo Alto University, Christine Blasey Ford Scholarship Award 2021 – 2nd place
Palo Alto University, Excellence in Teaching Award 2021
American Psychological Association, Division 19 Top Poster Award 2020
American Psychological Association, Science in the Morning Poster Competition 2020 –
Division 19 Student Affiliate Nominee Finalist

Clinical Training

June 2020 – **Clinical Psychology Practicum Student**

June 2021 First Step VA Palo Alto Health Care System, Menlo Park, CA

90-day residential rehabilitation program for substance use treatment

- Collaborated with an interdisciplinary team to provide individual and group-based residential and outpatient care to Veterans with substance use disorders, PTSD, and other comorbid disorders
- Provided evidence-based therapies such as cognitive-behavioral therapy for substance use disorders, cognitive processing therapy, and motivational interviewing, making necessary adaptations for individuals with traumatic brain injuries
- Received training in CBT-SUD, CPT, STAIR, motivational interviewing, and TLDP
- Co-facilitated IPT, CBT skills, and 12-step based recovery groups for virtual outpatient and residential services
- Created video repertoire of coping skills to facilitate virtual programming and adherence to activity restrictions during COVID-19 pandemic
- Administered psychological and psychodiagnostic assessments for treatment planning
- Participated in domiciliary program development for creation of COVID-19 quarantine procedure
- Conducted program evaluation of residential services, to include increasing alliance with SAMHSA guidelines

Clinical Supervisor: Timothy Ramsey, Ph.D.

Theoretical Orientation: Integrative

July 2019 –
June 2020

Behavioral Health Trainee

Central County Behavioral Health and Recovery Services, San Mateo, CA

Outpatient psychiatric clinic serving low-income adults with severe mental illness

- Collaborated with a multidisciplinary team to provide trauma-informed care in an integrated medical setting
- Provided short- and long-term therapy for individuals with schizophrenia and bipolar spectrum disorders, depression and anxiety disorders, PTSD, OCD, and personality disorders using evidence-based approaches
- Co-facilitated CBT for depression, Seeking Safety, and Social Skills Training groups
- Adapted evidence-based therapies for individuals with intellectual disabilities, co-morbid substance use problems, and physical health difficulties
- Received training in cognitive behavioral therapy, dialectical behavioral therapy, MI, and exposure/response prevention
- Provided case management and advocacy services
- Administered psychological and psychodiagnostic assessments and provided feedback to clients and to allied mental health professionals

Clinical Supervisor: Casey Newland, Psy.D.

Theoretical Orientation: Cognitive-behavioral

Assessment Supervisor: Simon Tan, Psy.D., ABPP

July 2018 –
June 2019

Graduate Student Therapist

Gronowski Center: Palo Alto University, Palo Alto, CA

Community outpatient mental health clinic serving diverse youth and adults

- Conducted therapy with LGBT+ and questioning individuals through the Sexual and Gender Identity Clinic
- Provided evidence-based therapies for anxiety spectrum, mood spectrum, and substance use disorders
- Trained in CBT, DBT, emotion-focused, MI, and feminist therapy techniques
- Conducted integrated assessment batteries as part of intake procedures
- Administered weekly assessments in accordance with measurement-based care

Supervisor: Predair Robinson, Ph.D.

Theoretical Orientation: Integrative

- June 2015 – **Summer Undergraduate Intern**
August 2015 LifeMoves: Julian Street Inn, San Jose, CA
Non-profit homeless shelter specializing in serving adults with mental illness
- Observed group classes and case manager meetings
 - Created an informational poster on PTSD
 - Researched MediCal certification requirements for the shelter
 - Collaborated with front desk staff and case managers on shelter needs and assisted in day-to-day running of shelter
- Supervisor: Patricia Dolan, M.A., LMFT**

Research Experience

- April 2018 – **Graduate Research Assistant**
Present Risk and Resilience Research Lab, Palo Alto University, Palo Alto, CA
Research risk and resilience factors for trauma-related mental health disorders
Lab Website: <http://riskresiliencelab.paloalto.edu>
- Serving as co-lab manager
 - Analyzing data with SPSS, Mplus, R, and SAS for publication
 - Analyzing data using Frequentists Statistics and Bayesian Estimation
 - Investigating the effects of COVID-19 restrictions on the mental health of long-term care residents across 28 states on a large, longitudinal dataset pulled from an electronic health record system
 - Analyzing risk and resilience factors in active duty Army personnel using the Army STARRS datasets
- Supervisor: Lisa M. Brown, Ph.D., ABPP**
- September 2020 – **Lab Manager**
Present Army STARRS Research Lab, Palo Alto University, Palo Alto, CA
Research risk and resilience factors for mental health in Army personnel
- Managing lab logistics and member research project progression
 - Conducting research on risk and resilience factors for trauma-related mental health in large, archival cross-sectional and longitudinal datasets of active duty and reservist Army personnel
 - Providing didactic training on advanced statistical techniques, writing skills, and best research practices
 - Advising students in developing and implementing research ideas and preparing manuscripts for publication
- Supervisor: Matthew M. Yalch, Ph.D.**

- December 2019 – Present **Clinical Research Associate**
National Center for PTSD, Menlo Park, CA
Research associate analyzing data from large, national datasets
- Utilizing advanced machine learning techniques to explore non-binary indicators of gender in relationship to PTSD using data from the NESARC-III
 - Leading team on interrater process of selecting non-binary indicators of gender
 - Leading data cleaning, management, and preliminary analysis
 - Analyzing data using R
- Supervisor: Rachel Kimerling, Ph.D.**
- June 2016 – August 2016 **Lead Research Assistant**
LifeMoves, Menlo Park, CA
Collected data from adults at a homeless shelter network of varying ethnic and educational backgrounds
- Conducted qualitative research on qualities clients desire in a therapist
 - Lead data collector
 - Presented results to company leadership and student therapists
- Supervisor: Nancy Morgan, Ph.D.**
- March 2015 – July 2017 **Undergraduate Research Assistant**
Royal Holloway University Eyewitness Lab, Surrey, UK
Experimental psychology lab focusing on eyewitness decision making and errors in eyewitness memory
- Critiqued papers focusing on eyewitness testimony and cognitive bias in jurors
 - Discussed the strengths and weaknesses of different research and statistical methodologies
- Supervisor: Amina Memon, Ph.D.**

Teaching Experience

- June 2020 – August 2020 **Graduate Teaching Assistant**
Palo Alto University, Palo Alto, CA
Teaching assistant for Bayesian analysis course in Clinical Psychology Ph.D. program
Instructor: Matthew M. Yalch, Ph.D.
- January 2019 – March 2019 **Graduate Teaching Assistant**
Palo Alto University, Palo Alto, CA
Teaching assistant for research methods and statistics course in Clinical Psychology Ph.D. program
Instructor: Matthew M. Yalch, Ph.D.

September **Tutor**
2018 – Palo Alto University, Palo Alto, CA
Present *Tutors research methods, statistics, and writing skills*
 Supervisor: Ana Castrillo, M.A., MSW

December **Test Prep Tutor**
2017 – Compass Education Group, Larkspur, CA
February *Tutored high-school aged children in a variety of subjects*
2021

- Tutored individuals using the Socratic method
- Taught classroom SAT prep programs for low-income students
- Proctored practice tests in-person and online

Supervisor: Sue McLaughlin

Peer-Reviewed Journal Articles

Published:

- Ward, R.N.**, Carlson, K.J., Erickson, A.J., Yalch, M.M., & Brown, L.M. (Accepted). Associations of humor, morale, and unit cohesion on posttraumatic stress disorder symptoms. *Military Psychology*. Doi: 10.1080/08995605.2021.1996103
- Wallick, A., **Ward, R.N.**, Levendosky, A.A., Brown, L.M., & Yalch, M.M. (2021). Incremental influence of betrayal trauma and personality traits on PTSD symptoms. *Journal of Trauma & Dissociation*. Doi: 10.1080/15299732.2021.1989119
- Ward, R.** & Morgan, N.L. (2017). Clients as teachers: The 7 qualities most desired in a therapist. *International Journal of Social Sciences*, 3(2), 575-585. Doi: 10.20319/pijss.2017.32.575585

In preparation:

- Moreland, M.L., **Ward, R.N.**, & Yalch, M.M. (In Preparation). Cumulative effects of killing in combat and other combat stressors on PTSD and substance use disorder.
- Lind, L.M., **Ward, R.N.**, Rose, S.G., & Brown, L.M. (Submitted). Perceptions of mental health clinicians working in long-term care facilities during the COVID-19 pandemic.
- Ward, R.N.**, Erickson, A.J., Carlson, K.J., & Yalch, M.M. (Under Review). The role of unit cohesion and perceived resilience in substance use disorder.

Academic Book Chapters

- Ward, R.N.**, Brady, A.J., Jazdzewski, R. & Yalch, M. (2021). Stress, resilience, and coping. In R. Pradhan & U. Kumar (Eds.), *Emotion, wellbeing and resilience: Theoretical perspectives and practical applications* (pp. 3-14). Apple Academic Press - of Taylor and Francis Group.

Posters and Presentations

- Ward, R.N.** & Ramsey, T. (2021, November). *Incremental effects of initial substance use and PTSD symptom severity on substance use risk at discharge from a residential substance use program*. To be presented at *International Society for Traumatic Stress Studies (ISTSS) Convention*. Virtual Convention due to COVID-19.
- Moreland, M.L., **Ward, R.N.**, Yalch, M.M., & Erickson, A.J. (2021, August). *Cumulative effects of killing in combat and other combat stressors on PTSD and substance use disorder*. To be presented at *American Psychological Association (APA) Convention*. Virtual Convention due to COVID-19.
- Ward, R.N.**, Erickson, A.J., Carlson, K.J., Yalch, M.M., & Brown, L.M. (2020, August). *The role of unit cohesion and perceived resilience in substance use disorder*. Poster session presented at *American Psychological Association (APA) Convention*. Virtual Convention due to COVID-19.
- Ward, R.N.**, Carlson, K.J., Erickson, A.J., Yalch, M.M., & Brown, L.M. (2019, August). *A structural equation model of the effects of humor, morale and unit cohesion on PTSD symptoms*. Poster session presented at *American Psychological Association (APA) Convention*. Chicago, IL.
- Wallick, A., **Ward, R.N.**, Levendosky, A.A., Brown, L.M., & Yalch, M.M. (2019, March). *Incremental influence of betrayal trauma and personality traits on PTSD symptoms*. Poster session presented at *Annual Society for Personality Assessment (SPA) Convention*. New Orleans, LA.

Invited Lectures

- Ward, R.N.** (2021). *Introduction to supervised machine learning for categorical data analysis*. Invited guest lecture for Categorical Data Analysis Ph.D. course. Palo Alto University. Palo Alto, CA.
- Ward, R.N.** (2021). *Considerations in the assessment of PTSD and related comorbidities*. Invited guest lecture for Assessment and Treatment of Trauma in Adults Ph.D. course. Palo Alto University. Palo Alto, CA.

Multimedia Presentations

- Jackson, J., **Ward, R.**, Fulton, J., Rossitch, S.S., Fineman, J., & Parisi, T.L. (2021, March). *Diversity dialogues in supervision*. Joint Webinar with APA Division 19, 38, and the VA section of Division 18. <https://www.apadivisions.org/division-18/sections/veterans/webinars>

Newsletters

Ward, R.N. (2021, March). The impact of COVID-19 on veterans struggling with substance use. *Division 18 VA Section Newsletter.*

Ward, R.N. & Brady, A.J. (2020, July). Choosing career paths: military psychologist or VA psychologist? *Division 18 VA Section Newsletter.*

Ward, R.N. (2020, February). Path to the VA: Perspectives and advice from VA psychology leaders. *Division 18 VA Section Newsletter.*

Academic Service

Journal of Traumatic Stress, Ad-Hoc Peer Reviewer

Traumatology, Ad-Hoc Peer Reviewer

Psychological Trauma, Ad-Hoc Peer Reviewer

Substance Use and Misuse, Ad-Hoc Peer Reviewer

Leadership Positions

American Psychological Association, Division 18, Veteran Affairs Section – *Student Representative*, November 2019 – Present

International Society for Traumatic Stress Studies, Research Methodology Special Interest Group - *Student Co-Chair*, January 2019 – January 2020

Student Veteran Organization, Palo Alto University – *Treasurer*, August 2018 - June 2019

Professional Memberships

Member, American Psychological Association – December 2017 – Present

- Division 18, Psychologists in Public Service
- Division 19, Society for Military Psychology
- Division 56, Trauma Psychology

International Society for Traumatic Stress Studies – May 2018 – Present

British Psychological Society - October 2018 – Present

Student Veteran's Organization, Palo Alto University – September 2017 – Present

Additional Qualifications

Trainings:

- Applied Machine Learning in R
- Advanced Neural Networks in R – A Practical Approach

Software Expertise:

- Microsoft Excel
- IBM Statistical Package for the Social Sciences (SPSS)
- Mplus
- R
- Statistical Analysis Software (SAS)

Languages:

- English – Native
- French – Limited Working Proficiency

References

Lisa M. Brown, Ph.D., ABPP

Research Advisor, Risk and Resilience Research Lab

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Timothy Ramsey, Ph.D.

Clinical Supervisor, First Step VA Palo Alto Health Care System

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Matthew Yalch, Ph.D.

Assistant Professor, Palo Alto University

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Casey Newland, Psy.D.

Clinical Supervisor, Central County Behavioral Health and Recovery Services

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