

# COURTNEY M. CHAPPELL, Ph.D.

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Rowan Center for Behavioral Medicine  
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(818) 446-2522 ext. 2001

## EDUCATION

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- September 2014 – October 2020**      **Graduate Student, Doctor of Philosophy in Clinical Psychology Psychology Department, Palo Alto University**  
Palo Alto, CA  
(APA Accredited)  
Emphasis: General; Pediatric  
Research Advisor: Wendy Packman, J.D., Ph.D.
- September 2014 – September 2017**      **Graduate Student, Master of Science in Clinical Psychology Pacific Graduate School of Psychology, Palo Alto University**  
Palo Alto, CA
- September 2004 - May 2009**      **Dual Bachelor of Science in Biology and Psychology Southern University and A & M College**  
Baton Rouge, Louisiana

## CLINICAL EXPERIENCE

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- March 2021 – Present**      **Psychological Assistant**  
**Rowan Center for Behavioral Medicine, Burbank, CA**  
Specific duties include providing individual, couple, group, and family therapy with adults. Duties also include administering psychological assessment with appropriate patients. Batteries are driven by hypothetical based assessment model and will include neuropsychological, cognitive, and emotional measures. This responsibility includes scoring and interpreting data, providing recommendations and referrals, and providing feedback, all under the guidance of the clinical supervisor.  
*Supervisor: Angela Williams, Psy.D.*
- June 2019 – June 2020**      **Psychology Intern**  
**Rochester Institute of Technology/Rochester Regional Health Addiction Medicine, SPMI, and Homeless, Rochester, NY**

RIT/RRH is an outpatient mental health and addiction medicine clinic that provides individual and group services various clinical populations. Worked within a multidisciplinary team including administrative staff, physicians, nurse practitioner, psychologists, social workers, and licensed mental health counselors. RIT interns also participated in program development. Intern worked towards incorporating behavioral health technologies to increase accessibility of services within the homeless. Researched telehealth platforms/devices, increased usability for other staff, simplified operational function to increase efficiency, and collected feedback from clients.

*Supervisors: Caroline Easton, Ph.D, Cassandra Berbary, Ph.D., Garry Spink, Ph.D.*

**August 2018 –  
May 2019**

**Predoctoral Therapist  
UCSF Benioff Children’s Hospital Hematology/Oncology  
(Neuro-Onc Assessment Track), Oakland, CA**

The Psychology Program at Children's Hospital is an inpatient and outpatient medical setting that works with pediatric hematology and oncology patients and their families. Work within a multidisciplinary staff including physicians, psychologists, nurses, social workers and child life specialists within hematology and oncology units. Tasks include individual and family therapy, administering assessment batteries, scoring, interpreting, providing feedback to youth and their families, on-call for sickle cell disease and oncology clinic days, and collaborating with multiple disciplines to provide comprehensive care to patients and families. Other expectations include providing inpatient psychological consultation and school intervention services, participating in sickle cell and neuro-oncology rounds, MRI reviews, tumor board meetings, case conferences, and didactics.

*Supervisors: Dina Hankin, Ph.D, Wendy Santos-Modesitt, Ph.D., Judy Cavazos, Ph.D.*

**July 2017 –  
July 2018**

**Predoctoral Therapist  
Ronald McDonald House at Stanford  
Family Support Services, Palo Alto, CA**

Residential/medical based support services associated with the pediatric population at Stanford. Conducted individual, couples, and family sessions and case management. Facilitated developmentally focused groups with ages including zero to three, school aged, pre-teen to teen, and parents. Population included work with grief, loss, anxiety, depression, trauma, and suicidal behaviors. Tasks also

include working within an interdisciplinary team and providing trainings and support to team members.

*Supervisor: Martha Hernandez, Ph.D.*

**September 2016 –  
May 2017**

**Student Therapist**

**San Mateo County Behavior Health Services- North County Youth Team, Daly City, CA**

Community based behavioral health and recovery services center that provides services for adults and youth. Conducted individual and initial assessment sessions, parent meetings for youth clients (when necessary), case management (provide support to social workers, physicians, and school counselors, when necessary), and co-facilitating social skills groups. Administration of neuropsychological test batteries. Medi-Cal and AVATAR billing procedures. Work with interpreters (in-person and over-the-phone)

*Supervisor: Jenny Silva, Psy.D.*

**June 2015 – June 2016**

**Student Therapist**

**The Gronowski Center at Palo Alto University, Los Altos, CA**

Community based outpatient mental health facility that provides services to children, adolescents, and adults. Presenting problems range from anxiety, trauma, post-traumatic stress disorder, depressive disorders, co-occurring disorders, and interpersonal relational issues. Conduct individual therapy and intake interviews, as well as administer assessments to patients. Expectations include: upholding the ethics code by using the skills provided in the curriculum and didactics, maintaining clear and concise paperwork, and interacting with all personnel in a professional manner.

*Supervisors: Ella Shechtman-Cory, Ph.D. and Sandy Macias, Ph.D.*

**RESEARCH EXPERIENCE**

**July 2019 – June 2020**

**Research Assistant**

**Rochester Institute of Technology, Rochester, NY**

Focused on collecting data in adolescent population. Analysis of the effects of gaming and addiction on mental health outcomes including depression, anxiety, and aggression. Also collecting data on the usability of Avatar systems designed to supplement therapy and increase accessibility of care.

*Supervisor: Cassandra Berbary, Ph.D.*

**May 2017 – May 2019**

**Neuropsychological Assessor**

**Hoelt Laboratory for Educational Neuroscience (brainLENS)**

**UCSF Weill Institute for Neurosciences**, San Francisco, CA  
Neuroimaging lab focused on learning, acquisition of reading skills, socio-emotional processing, motivation, and resilience. Conduct child neuropsychological assessments in English to study the influence of bilingualism on literacy acquisition.

*Supervisors: Fumiko Hoeft, MD,Ph.D. and Anna Sapozhnikova, Ph.D.*

**April 2017 – June 2020**

**Dissertation Research**

**Pediatric Psychology, Palo Alto University**, Palo Alto, CA

Title: “The Relationship Between Compassion Fatigue, Self-Compassion, and the Mental Well-Being of Child-Life Professionals”

Conducting research on factors that contribute to mental health outcomes of child life professionals in the United States.

Dissertation proposal is set for April 2018.

*Committee Members: Wendy Packman, JD, Ph.D., Robert Friedberg, Ph.D., and Matthew Cordova, Ph.D.*

**June 2015 – June 2020**

**Research Assistant**

**Pediatric Psychology, Palo Alto University**, Palo Alto, CA

Conducted literature reviews on psychological outcomes of children diagnosed with rare genetic/medical diseases (i.e. Gaucher’s and Fabry’s) and parents of children diagnosed with cancer/other chronic illnesses. Edited manuscripts related to correlations between outcomes and usage and availability of support programs for parents of children diagnosed with cancer.

*Advisor: Wendy Packman, JD, Ph.D.*

**June 2015 – May 2019**

**Research Assistant**

**Children and Adolescent Psychotherapy and Technology, Palo Alto University**, Palo Alto, CA

Conducted literature review on the feasibility of utilizing technology to support patient/therapist interactions with children and adolescents. Reviewing and editing articles related to the latter. Co-facilitated a focus group on the usability of computer based therapeutic support with teenagers. Currently co-authoring a book chapter discussing the integration of computer-based therapeutic programs in school settings.

*Advisor: Eduardo Bunge, Ph.D.*

**May 2008 - August 2008**

**Research Assistant**

**SURF/MURF Program, California Institute of Technology**

Pasadena, CA

Performed research in the Solid-State Ionics and Electroceramics Laboratory, with two specific solid acids that, under a number of varied conditions, yielded different “phases”-alternate forms. The aim was to identify (using x-ray powder diffraction), evaluate and determine certain parameters for the stable synthesis of each of these phases.

*Supervisors: Dr. Sossina Haile and Ayako Ikeda.*

**May 2007 – August 2007**

**Research Assistant**

**STEM Summer Research Program, Southern/LSU**

Baton Rouge, LA

Worked on evaluating the carcinogenic effects of ionizing irradiation. The ultimate goals were to gain more insight into the effect of ionizing irradiation and to analyze the behavior of specialized dystonic radical ions in solution.

*Supervisor: Dr. Michelle Claville.*

## **RELATED EXPERIENCE**

**January 2019 – Present**

**Board of Directors – Board Member**

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Mindful Growth Foundation – Los Angeles, CA

Current tasks include providing foundational support for building trauma informed care for group home. Once licensed, will examine, evaluate, diagnose, and treat psychiatric disorders. Provide follow up, psych education and support to clients. Review case histories and keep clinical materials in accordance with Department of Mental Health requirements. Will be available for periodic consultations with therapists and participate in monthly utilization review meetings. Work closely with facility manager, social worker, head of service, and other staff as needed.

**September 2017 –  
May 2019**

**Ph.D. Peer Advisor (PAAC)**

Palo Alto University – Palo Alto, CA

Provide professional, scholastic, and clinical guidance to all Palo Alto University Ph.D. students (advising for classes, research groups, and clinical expectations).

**September 2015 –  
June 2020**

**Ph.D. Program Mentor**

Palo Alto University – Palo Alto, CA

Provide professional, scholastic, and clinical guidance to first-year Palo Alto University students through disability services.

- January 2015 – May 2019**    **Ph.D. Tutor**  
Palo Alto University – Palo Alto, CA  
Provide curriculum support in Research Methods, Statistics I, and Statistics II for graduate level students.
- September 2014 – 2017**    **Teacher’s Assistant**  
Palo Alto University – Palo Alto, CA  
Provide curriculum support in for students (i.e. presentation outlines, paper and poster revisions) and grading and providing feedback on assignments.
- August 2015 – 2016**    **Teacher**  
KIPP: Excelencia – Redwood City, CA  
Provided contractual work for the school during their developmental process. Organized physical fitness curriculum for kindergarten and first graders and assisted other teachers with behavioral management. Class sizes were approximately 15 to 20 students each.
- September 2014 – 2016**    **School Site/Program Coach**  
Fit Kids Foundation – Redwood City, CA  
Plan and execute nutrition and fitness program activities with kindergarten, first, and second graders at a variety of different school sites. Hold discussions related to the importance of nutrition, physical fitness, and education.
- November 2011 – August 2014**    **Child Life Department (Volunteer)**  
UCLA Mattel Children’s Hospital – Westwood, CA  
Provided support to the Child Life therapists as needed, built program activities for children and adolescents, and provided emotional support to children (patients or family members of patients) and parents. Interactions were, both, one-on-one and in groups.
- April 2005 – 2007**    **Teacher’s Assistant**  
Head Start – Baton Rouge, LA  
The program promotes the school readiness of children from birth to age five from low-income families by enhancing their cognitive, social, and emotional development. Assisted in providing a learning environment that supports children's growth in many areas such as language, literacy, and social and emotional development.

## **OTHER EXPERIENCE**

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**January 2015 –  
June 2020**

**Admissions Assistant (Palo Alto University)**

Palo Alto, CA

Assists the director of admissions with the recruiting process. Task include contacting prospective students and providing information about the program curriculum and other aspects of living in northern California as a graduate student. Additional, corresponding with professors, scheduling interview sessions (in-person and online), and providing technical support for the online interviews.

**August 2010 –  
August 2014**

**Accounting Assistant (Richard Meyer & Partners Architects)**

Los Angeles, California

Provided healthcare administration and accounts payable record keeping services in the accounting office/human resources. These tasks included researching healthcare options for employees, advocating for the employee's needs, contacting the providers, maintaining accounting database, vendor contact, accounts payable, and maintaining organized records.

**June 2014 -  
August 2014**

**Accounting Consultant (wHY Architects)**

Culver City, California

Tasks included financial record keeping, updating vendor payments, and training full-time staff to become self-sufficient in maintaining organized and up-to-date records.

## **AWARDS AND HONORS**

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August 2014

Pacific Graduate School of Psychology Fellowship, Palo Alto University

December 2004 - 2009

Deans List, Southern University and A&M College

September 2007

SMART Scholarship, Southern University and A&M College

## **PROFESIONAL AFFILIATIONS**

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February 2017 – Present

Anxiety and Depression Association of America – Member

September 2016 – Present

Association of Child Life Professionals - Member

September 2014 – Present

Society of Clinical Child and Adolescent Psychology (Division 53 of the APA) – Member

September 2014 – Present

American Psychological Association – Member

## **LEADERSHIP POSITIONS**

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September 2015 – June 2016	Ph.D. Student Council (STUCO) Treasurer at Palo Alto University
September 2015 – June 2016	Psychological Association for Gender Expression and Sexuality (PAGES) Student Group Treasurer

### **STUDENT MEMBERSHIPS**

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January 2015 – June 2020	CAFÉ, Child and Family Emphasis Student Group Member at Palo Alto University
January 2015 – June 2020	Diaspora, Student Group Member at Palo Alto University

### **PROFESSIONAL DEVELOPMENT**

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October 2016	<b>Prevention and Management of Assaultive Behavior in Outpatient Settings</b> , Daly City, Ca 6-hour training Objectives: Identify words universally used most often to “bait” and initiate the cycle of provocation. Implement words that re-establish balance in the professional relationship and reflect boundaries. Analyze communicational elements to be used in order for a message to be received as intended.
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### **REFERENCES**

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Wendy Packman, JD, Ph.D. Professor/Director Research Advisor	Pacific Graduate School of Psychology Palo Alto University 1791 Arastradero Road, Palo Alto, CA 94304 (650) 433-3827 email: wpackman@paloaltou.edu
Caroline Easton, Ph.D. Professor/Director	Rochester Institute of Technology College of Health Sciences and Technology Behavioral Health Division Rochester Institute of Technology 153 Lomb Memorial Drive Rochester, New York 14623-5608 (585) 475-4065 email: cjeihst@rit.edu
Martha Hernandez, Ph.D. FSS Program Manager Clinical Supervisor	Ronald McDonald House Bay Area Charities 510 Sand Hill Road Palo Alto, CA 94304 (650) 470-6021 email: Martha.Hernandez@rmhcbayarea.org
Jenny Silva, Psy.D.	San Mateo County Behavior Health and Recovery



Neuropsychologist  
Clinical Supervisor

Services – Youth Team  
375 89th St, Daly City, CA 94015  
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email: jesilva@smcgov.org

Eduardo Bunge, PhD  
Associate Professor  
Research Advisor

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Palo Alto University  
1791 Arastradero Road, Palo Alto, CA 94304  
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Eirian Williams  
Director of Ph.D. Admissions  
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1791 Arastradero Road, Palo Alto, CA 94304  
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## **PUBLICATIONS AND PROFESSIONAL PRESENTATIONS**

Alioto, A., Gannon, C., **Chappell, C.**, Cohen, D., Antosy, A., Packman, W. (2017, December). Psychosocial functioning among pediatric and young adult patients with Gaucher disease, type 1. Poster session presented at: Association of Psychological Science, San Francisco, CA.

Ghosh, S., Beard, C., **Chappell, C.**, Nelson, D., Hunt, G., & Bunge, E. L. (2017, March). Teen Wellness Among Middle School-Aged Youth: A Focus Group of an Online Program. Poster session presented as first author at: Anxiety and Depression Association of America, San Francisco, CA.

Ghosh, S., Lisboa, C., **Chappell, C.**, Beard, C., & Bunge, E. L. (2016). “O uso de eletrônicos e o cyberbullying no contexto escolar” In: Fava Melo, D.: “A Prática da Psicologia na Escola: introduzindo a abordagem cognitivo-comportamental”. Artesã Editora: Belo Horizonte [Chapter translated to Portuguese]

## **ASSESSMENTS ADMINISTERED**

Total Integrated Reports: 9 (6-Adult, 3-Child)

Beery-Buktenica Developmental Test of Visual-Motor Integration, Sixth Edition (Beery VMI)  
Behavior Assessment System for Children, Third Edition (BASC-3)  
Comprehensive Test of Phonological Processing, Second Edition (CTOPP-2; blending words, sound matching only)  
Dimensional Change Card Sort (DCCS)

Delis–Kaplan Executive Function System (D–KEFS)  
Depression Anxiety and Stress Scale (DASS)  
Generalized Anxiety Disorder (GAD-7)  
Grooved Pegboard  
Hopkins Adult Reading Test (HART)  
Kaufman Assessment Battery for Children, Second Edition (KABC; rebus only)  
Kaufman Brief Intelligence Test, Second Edition (KBIT-II; matrices only)  
Minnesota Multiphasic Personality Inventory-2 (MMPI-2)  
Montreal Cognitive Assessment (MoCA)  
Mood and Feelings Questionnaire  
Morphological Awareness (MA)  
Morphological Structure (MS)  
Outcomes Questionnaire 30.1 (OQ-30)  
Outcomes Questionnaire 45.2 (OQ-45)  
Patient Health Questionnaire (PHQ-9)  
Peabody Picture Vocabulary Test, Fourth Edition (PPVT-V)  
Personality Assessment Screener (PAS)  
Rapid Automatized Naming and Rapid Alternating Stimulus (RAN/RAS; colors, numbers)  
Repeatable Battery for the Assessment of Neuropsychological Status (RBANS)  
Rorschach Inkblot Test  
Session Rating Scale (SRS)  
Stanford-Binet Intelligence Scales, Fifth Edition (SB-5)  
Tasks of Executive Control (TEC)  
Test of Memory Malingering (TOMM)  
Test of Nonverbal Intelligence (TONI)  
Test of Variables of Attention (TOVA)  
Wechsler Adult Intelligence Scale-Fourth Edition (WAIS-IV)  
Wechsler Intelligence Scale for Children (WISC-V)  
Woodcock Johnson, Fourth Edition (Oral Language)  
Woodcock Johnson, Fourth Edition, Tests of Achievement  
Working Alliance Inventory (WAI)  
Wide Range Assessment of Memory and Learning (WRAML)