

Brittney Assavedo

E-Mail: Brittney.assavedo@usm.edu

Education

Ph.D. Clinical Psychology August 2014–Present
The University of Southern Mississippi (Hattiesburg, MS)
Advisor: Michael Anestis, Ph.D.

M.A. Clinical Psychology August 2014–December 2015
The University of Southern Mississippi (Hattiesburg, MS)
Thesis: *Examining The Association between Psychotropic Medication Usage and Suicidal Desire and Risk*
Thesis Chair: Michael Anestis, Ph.D.
Degree Conferred: December 11, 2015

B.S. Biological Sciences; Minor: Psychology August 2011
Louisiana State University (Baton Rouge, LA)
Cumulative GPA: 3.49
Minor GPA: 3.8

Honors/Awards

- Military Suicide Research Consortium Pre-Conference Research Training Day Travel Award March 2016 & April 2014
- Taylor Opportunity Program for Students (TOPS) August 2007–May 2011
- Louisiana State University Dean's List May 2007 & May 2009
- Louisiana State University Pelican Promise August 2007

Publications

Assavedo, B. L., Anestis, M. D. (2015). Examining the relationship between non-suicidal self-injury and both perceived burdensomeness and thwarted belongingness. *Journal of Psychopathology and Behavioral Assessment*.

Fischer, K., Houtsma, C., **Assavedo, B. L.**, Green, B. A., & Anestis, M. D. (in press). Agitation as a moderator of the relationship between insomnia and suicidal plans and preparations in the military. *Archives of Suicide Research*.

Anestis, M. D., Law, K. C., Hyejin, J., Houtsma, C., Khazem, L. R., **Assavedo, B. L.** (in press). Treating the capability for suicide: A vital and understudied frontier in suicide prevention. *Suicide and Life-Threatening Behavior*.

Manuscripts in Preparation

Assavedo, B. L., Green, B. A., Anestis, M. D. (under review). Comparing suicide risk among military personnel and civilian multiple attempters

Martin, R. L., **Assavedo, B. L.**, Bryan, C. J., Green, B. A., & Anestis, M. D. (2016). The direct relationship between post-battle experiences and suicide in three U.S. military samples.

Assavedo, B. L., Anestis, M. D. & Joiner, T. E. (2014). Examining the role of EDI-Bulimia within the interpersonal-psychological theory of suicidal behavior.

Conference Presentations

Assavedo, B. L., Green, B. A., & Anestis, M.D. Examining the relationship between non-suicidal self-injury and suicidal ideation, desire, and capability within military personnel. Poster to be presented at the 50th annual convention of Association for Behavioral and Cognitive Therapies. New York, New York.

Assavedo, B. L., Tull, M. T., Gratz, K. L., & Anestis, M. D. (2016, April). Examining the association between psychotropic medication usage and suicidal desire and risk. Poster presented at the 49th annual meeting of the American Association of Suicidology. Chicago, Illinois.

Assavedo, B. L., Khazem, L. R., & Anestis, M. D. (2016, April). The mediating role of negative beliefs about the future and depressive symptoms in suicidal ideation among individuals with health conditions. Poster presented at the 49th annual meeting of the American Association of Suicidology. Chicago, Illinois.

Anestis, M. D., **Assavedo, B. L.**, & Green, B. A. (2015, November). Suicide risk in the military: A comparison with civilians with multiple suicide attempts. Symposium presented at the 49th annual convention of Association for Behavioral and Cognitive Therapies. Chicago, Illinois.

Assavedo, B. L., Law, K. C. & Anestis, M. D. (2014, November). Examining the relationship between non-suicidal self-injury and suicidal desire: Frequency versus number of methods utilized. Poster presented at the 48th annual convention of Association for Behavioral and Cognitive Therapies. Philadelphia, Pennsylvania.

Assavedo, B. L. & Anestis, M. D. (2014, April). Examining the relationship between non-suicidal self-injury and suicidal desire: NSSI frequency and thwarted belongingness. Poster presented at the 47th annual meeting of the American Association of Suicidology. Los Angeles, California.

Kauten, R., Barry, C. T. & **Assavedo, B. L.** (2014, March). Adolescent narcissism and prosocial behavior as a function of peer, parent and self-perception. Poster presented at the 15th Society for Research on Adolescence Biennial Meeting. Austin, Texas.

Assavedo, B. L. & Anestis, M. D. (2013, November). Examining the role of EDI-Bulimia within the interpersonal-psychological theory of suicidal behavior in both an undergraduate and clinical sample. Poster presented at the 47th annual convention of Association for Behavioral and Cognitive Therapies. Nashville, Tennessee.

Assavedo, B. L., Tull, M. T., Gratz, K. L. & Anestis, M. D. (2013, June). Examining the relationship between drug class and NSSI: Depressant usage and NSSI frequency. Poster presented at the 8th annual conference of the International Society for the Study of Self-Injury. Vancouver, British Columbia.

Research Experience

American Foundation for Addiction Research

September 2015 -
July 2016

Bradley Green, Ph.D.

- The research conducted primarily focused on the assessment and treatment of sexual addictions
- Responsibilities: data collection, entry, cleaning, and general database management; data analysis; manuscript preparation

September 2012-
Present

Suicide and Emotion Dysregulation Laboratory

Michael Anestis, Ph.D.

- The research conducted primarily focuses on suicidal behavior. The research aims to enhance our understanding of the nature of suicide and the risk factors associated with suicide through investigation of the paradoxical effects of emotion dysregulation on suicidal behavior. Additional research examines dysregulated behaviors.

Factors Associated with Future Suicidal Self-Directed Violence Project

Funded by the Military Suicide Research Consortium via Department of Defense

- Responsibilities: distribute surveys to National Guard personnel through Qualtrics, administer IAT, contact soldiers for follow-up assessments, contact collateral reporters for baseline and follow-up assessments, manage logistical issues and payment

Examining the Association between Behaviors and Emotional/Physiological Discomfort

- Responsibilities: administer the L-SASI Count Interview, measure physiological pain tolerance utilizing an algometer, measure emotional distress tolerance utilizing an altered version of the Wisconsin Card Sorting Task, administer self-report questionnaires and distribute surveys using Qualtrics, record data in SPSS, grant participants research credit through SONA systems

September 2012-

May 2014

Youth Personality and Behavior Laboratory

Christopher Barry, Ph.D.

- The research conducted primarily focuses on youth conduct problems and delinquency through investigation of the effects of interpersonal variables, such as self-esteem and narcissism, on the development and maintenance of either problem behavior or healthier outcomes. Additionally, the research examines cognitive and behavioral coping strategies in which youth engage in under negative and threatening situations.
- Responsibilities: administer self-report questionnaires to adolescents within a residential setting

September 2009-

August 2011

Forest Entomology Laboratory

Jeremy Allison, Ph.D. and Jessica McKenney, M.S.

- The research conducted aims to enhance biological and ecological understanding of forest insects through investigation of interactions of these insects.
- Responsibilities: assisted in field sample collections, processed and sorted collected samples, sustained sample integrity, maintained and reared insect colonies, maintained a computer catalog of scientific research literature

Clinical Experience

**Forrest County Court Services Community Service Program's
Psychological Services**

August 2016

**Forrest County District Attorney's Office
Hattiesburg, MS**

- Responsibilities: conduct drug education/relapse prevention, stress management, and anger management group therapy; conduct psychotherapy and psychological assessments; write session notes and integrated reports; communicate with court officers

**Dialectical Behavior Therapy Skills Training Group Mindfulness
Coach**

January 2016-Present

**The University of Southern Mississippi Psychology Clinic
Hattiesburg, MS**

- Responsibilities: plan and conduct mindfulness activities, write session notes, and score progress measures
- Supervisor: Joye Anestis

Graduate Student Clinician

August 2015-Present

**The University of Southern Mississippi Psychology Clinic
Hattiesburg, MS**

- Responsibilities: conduct assessments and psychotherapy with adults, plan treatment, and write integrated reports and session notes
- Supervisors: Dan Capron, Ph.D; Nora Charles, Ph.D.; Joye Anestis, Ph.D.

On Duty Clinician

May 2015-May 2016

**The University of Southern Mississippi Psychology Clinic
Hattiesburg, MS**

- Responsibilities: conduct phone screens for individuals seeking services and assist clinicians and administrative assistant
- Supervisor: Bradley Green, Ph.D.

Junior Clinician

May 2015-August 2015

**The University of Southern Mississippi Psychology Clinic
Hattiesburg, MS**

- Responsibilities: attended weekly supervision meetings of senior clinicians
- Supervisor: Christopher Barry, Ph.D.

Access to Care/Medical Liaison

October 2011-June 2012

Clarke Community Services

Responsibilities: assisted the Psychiatrists and LMHP, informed MHPs and MHSs of clients' status, performed clinical intakes for new patients, maintained patient medical records, and provided patients with basic resources

Teaching Experience

Guest Lecture

February 2016

**The University of Southern Mississippi Psychology Clinic
Hattiesburg, MS**

- Careers in Psychology
- Instructor: Joye Anestis

Professional Memberships

- American Association of Suicidology (Student Member) 2015-Present
2014, 2016
- Association for Behavioral and Cognitive Therapies (Student Member)
- International Society for the Study of Self-Injury (Student Member) 2013

Campus Affiliations

- Clinical Psychology Graduate Student Organization (CPGSO) August 2014-Present
- Center for Community Engagement and Learning Leadership (CCELL) January 2011-May 2011
- National Society of Collegiate Scholars August 2009-May 2011
- Gamma Beta Phi August 2008-May 2011

Community Affiliations

- Susan G. Komen Race for the Cure October 2010
- Baton Rouge General Outpatient Surgery and Intensive Care Unit August 2008-May 2009